

NEWSLETTER

Occupational Safety & Health Administration

A Special Holiday Message To You & Your Family

With the holidays upon us, the season can impact us differently after the loss of a loved one. Here are a few things you may want to consider as you navigate this holiday season.

- **Plan ahead:** Whether you are hosting holiday events or searching for something to keep your mind and heart busy, it helps to plan ahead. Consider creating a list of events in your community that you may want to attend. Or you can create a menu of goodies you want to make this holiday season. You may change your mind about some or all things on the list and that's okay. It's most important that you take care of yourself, which can sometimes be harder than you expect. So, take a step back, take a deep breath, and think about how you are going to take care of yourself this holiday season.
- **Make your mind and body a top priority:** Eat healthy, exercise, and make sure you are getting enough rest and sleep. Listen to your body, including your emotions and feelings. Your feelings are valid, and it is okay to laugh or cry when you need to. Give yourself the space and time you need to get through those moments.
- **Get the support and help you need:** Whether that be family, friends, or support groups. If you find your grief to be overwhelming, it's important to consider seeking help from a therapist or counselor specializing in grief.
- **Most importantly,** do what makes you happy.

Please know that you and your family are in our thoughts, and we hope these tips can help you throughout the holiday season. Remember you are not alone and to make yourself a top priority this season and every day.

Remembrance

Brooke Baures, 21 of Wisconsin



Brooke was an amazing young woman who was always a leader and lived a life with true character.

She was an encouragement to many and always led others with a helping hand. She put others before herself and truly was a selfless young woman. Brooke's hugs were special, a hug you'd never forget.

[Read more about Brooke.](#)



Mark your calendars

The Occupational Safety and Health Administration invites family members/loved ones of our fallen workers from across the U.S. to join us at our "Connecting with Families" meeting. We hope you can make it on Monday, January 12, 2026, at 7 p.m. ET (6 p.m. CT) for our first meeting of the year. [Register Today!](#)



Workers Memorial Events



On Thursday, April 23, 2026, at 1 p.m. ET, OSHA will come together to observe Workers Memorial Day, which takes place on April 28, as a nation in honor and remembrance of all our fallen and injured workers.

We invite you and your family to join us in-person at our Workers Memorial Ceremony that will be held in the Great Hall of the U.S. Department of Labor, Frances Perkins Building, 200 Constitution Ave NW, Washington, D.C. 20210. It is our great privilege to stand with you to remember your loved ones and recognize the joy and love they brought to you.

To confirm your in-person attendance or if you would like more information about these and other events we are hosting, please contact Tonya Ford at ford.tonya.e@dol.gov.

If you are unable to join in-person on April 23, 2026, the ceremony will be live streamed on OSHA's website for your convenience. We invite you to keep up to date on all the events we are hosting at osha.gov/workers-memorial.



osha.gov/condolences
osha.gov/workers-memorial



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