

**DEATHCARE
PROFESSIONAL
HOLIDAY
DE-STRESS
DOODLES, PUZZLES,
& COLORING PAGES**



Take time for self-care and relaxation.



tee-rogers.com/deathcare-professionals-holiday-de-stress

Created for
FREE USE by *Tee Rogers*

Forward from Tee

This little activity book is dedicated to YOU, fellow deathcare professionals.

While the world slows for holiday cheer, rest, and reunion, the demands on funeral, cremation, and cemetery workers often intensify, amplifying the stress and complexity of the profession. It's not easy to witness tragedy and walk with people through grief while surrounded by holiday celebrations, music, and jubinations.

I hope these pages provide a space for quiet resolve, grounding you in the ethics of care, committed to our shared human duty, and ready to face the days ahead with courage, empathy, and peace.

Let these pages be a breath— a brief pause for self-recollection.

May you find strength in the simple truth of your purpose: that humanity's greatest compassion is expressed in the way you serve others in their journey through loss.

May you remember to grant yourself the same kindness you extend so freely to others.

May your resilience be fortified by the knowledge that your dedication matters, fundamentally and universally.



Tee Rogers serves as a pre-planning advisor in Central Florida.



[LinkedIn.com/in/tee-rogers](https://www.linkedin.com/in/tee-rogers)



Whatever you celebrate or observe,
happy THAT.

Visit my workbook for reflection on how diverse identity informs deathcare decisions & the experience of deathcare:

IADDResource.org





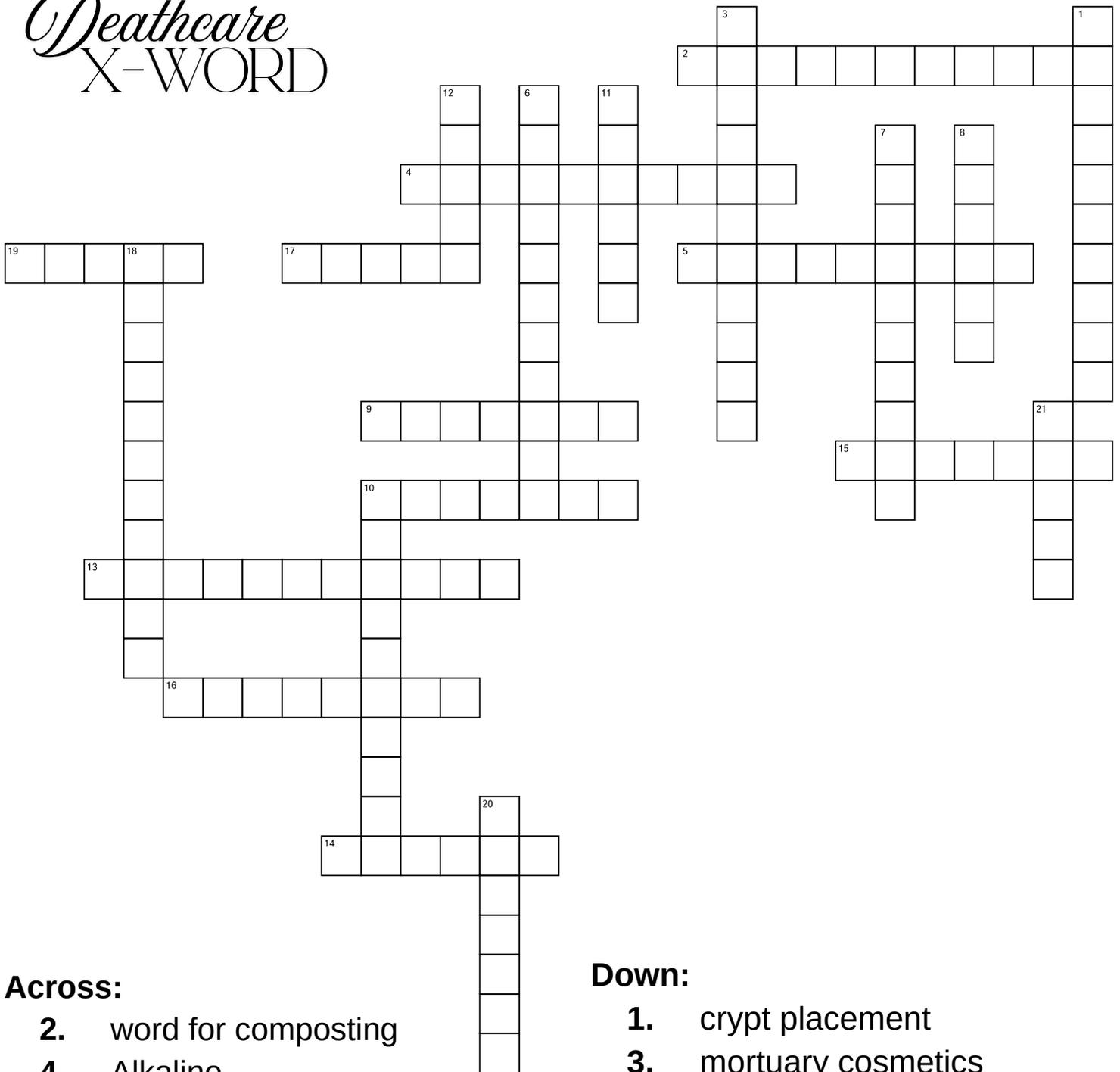
SANTA'S

FAVORITE

FUJERAIT

PRO

Deathcare X-WORD



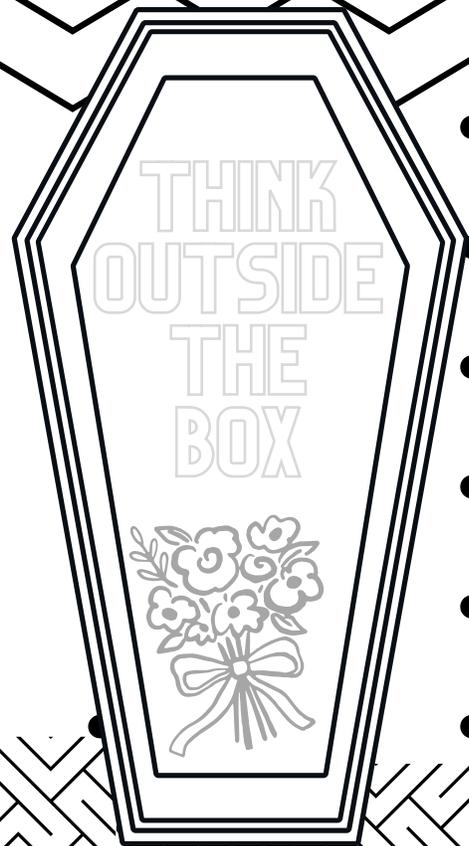
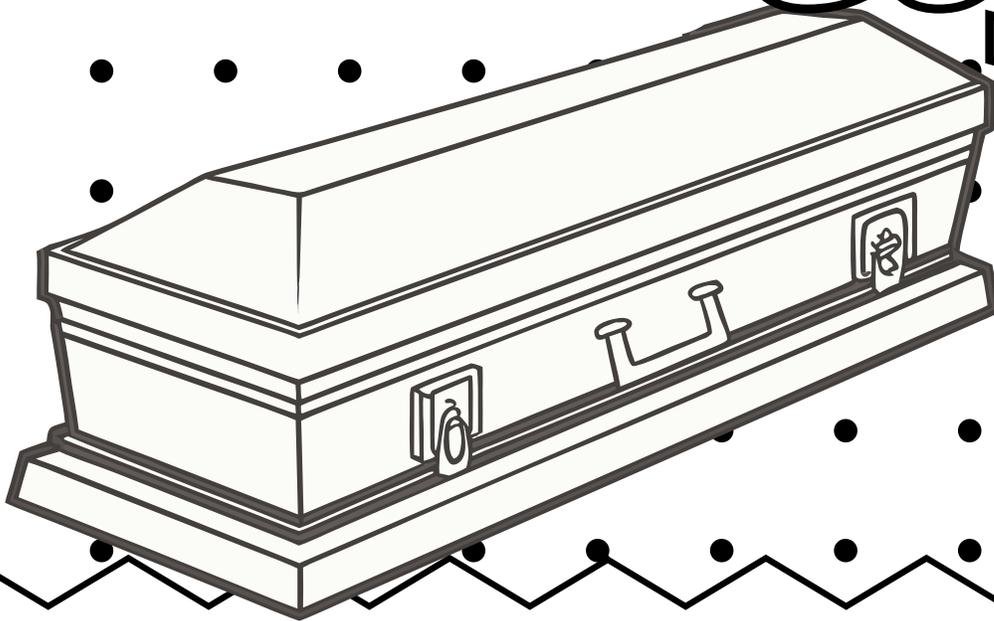
Across:

2. word for composting
4. Alkaline _____
5. graveside service
9. Communal Placement
10. vehicle convoy
13. final handling
14. Cemetery Caretaker
15. horse-drawn
16. death notice
17. OBC
19. General _____ List

Down:

1. crypt placement
3. mortuary cosmetics
6. death _____
7. Body Donation
8. funeral reception
10. casket carrier
11. veteran three-_____ salute
12. Double Depth _____
18. wall of niches
20. public official
21. half-_____ or full-_____ casket

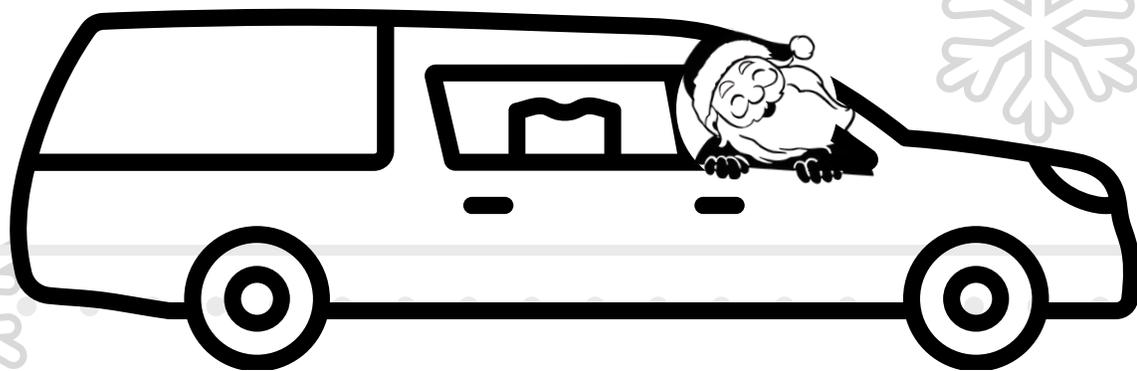
Casket or Coffin?



THINK
OUTSIDE
THE
BOX



*Dashing through
the snow*



In a one HEARSE open sleigh...

U	Y	J	D	F	D	P	K	B	S	N	J	D	C	B	W	O	W	Z	I	E	G	L	E	R
S	R	E	A	E	V	K	I	Q	O	L	G	U	P	Y	Q	S	V	B	P	T	E	T	S	A
U	W	Y	R	M	O	R	T	I	C	I	A	N	X	E	U	S	N	B	E	S	L	H	R	N
Q	J	F	L	N	G	V	S	L	H	P	U	O	Z	X	Z	J	W	W	W	R	O	K	E	B
T	G	I	C	D	O	S	F	O	V	N	S	J	T	T	A	B	F	K	L	W	C	W	W	F
D	T	W	S	T	E	I	N	W	D	W	C	O	M	P	O	S	T	I	N	G	A	V	O	I
L	H	O	R	M	L	O	T	E	W	N	N	B	P	P	F	Y	W	N	C	I	S	M	L	F
I	G	J	O	O	R	N	R	I	N	G	W	V	W	Y	A	Y	A	C	E	S	K	K	F	G
Z	X	R	G	S	T	T	R	M	S	W	B	Q	E	D	S	L	A	J	C	V	E	P	Z	H
R	P	G	V	J	A	C	E	L	J	O	Y	U	S	T	P	F	U	L	I	P	T	S	S	R
M	I	D	V	K	Y	Y	E	P	H	Q	P	D	B	E	K	Z	E	Y	V	Q	B	H	C	E
K	K	D	E	J	J	T	Y	R	G	X	U	M	R	T	Z	I	X	U	R	T	K	X	I	S
Y	I	R	Z	L	X	E	Q	X	I	B	M	P	O	R	P	D	A	D	E	N	T	Y	E	O
H	F	G	M	O	C	N	T	Y	G	D	E	K	L	C	Y	R	K	H	S	A	W	E	U	M
G	H	C	N	T	N	E	M	E	G	N	A	R	R	A	E	H	S	M	Q	R	F	O	Q	A
V	M	P	R	I	V	E	Y	I	I	Q	P	O	T	A	P	D	H	H	D	B	U	T	L	T
X	A	J	A	E	M	K	Y	P	V	Y	C	K	Z	U	M	C	T	J	O	E	N	V	A	I
K	U	P	V	T	M	L	G	T	W	M	R	I	U	W	P	G	B	W	Q	L	E	N	F	O
G	S	K	O	Y	O	A	A	A	F	I	E	B	O	H	A	R	Y	L	F	E	R	X	A	N
A	O	E	G	W	C	N	T	B	U	K	M	Y	R	E	T	E	M	E	C	C	A	S	T	C
A	L	M	F	A	U	N	E	O	M	X	A	O	A	R	I	G	M	I	Y	S	L	X	A	E
O	E	V	Z	G	Z	R	U	C	R	E	T	Y	L	H	A	L	P	R	O	I	U	N	C	H
Y	U	A	M	O	V	B	A	W	I	Y	I	Q	U	M	J	W	J	C	S	Y	B	M	S	A
M	M	I	E	S	R	A	E	H	R	N	O	L	P	U	J	R	Y	R	A	U	S	S	O	F
J	R	G	A	S	B	F	S	K	X	J	N	E	A	F	W	X	W	Z	V	Y	T	V	I	L

RESOMATION

DECOMPOSITION

ARRANGEMENT

PROMSSION

CATAFALQUE

UNDERTAKER

COMPOSTING

CREMATORY

EMBALMING

CREMATION

CELEBRANT

MORTICIAN

MAUSOLEUM

CENOTAPH

CEMETERY

DIRECTOR

OSSUARY

PREPLAN

FUNERAL

SERVICE

FLOWERS

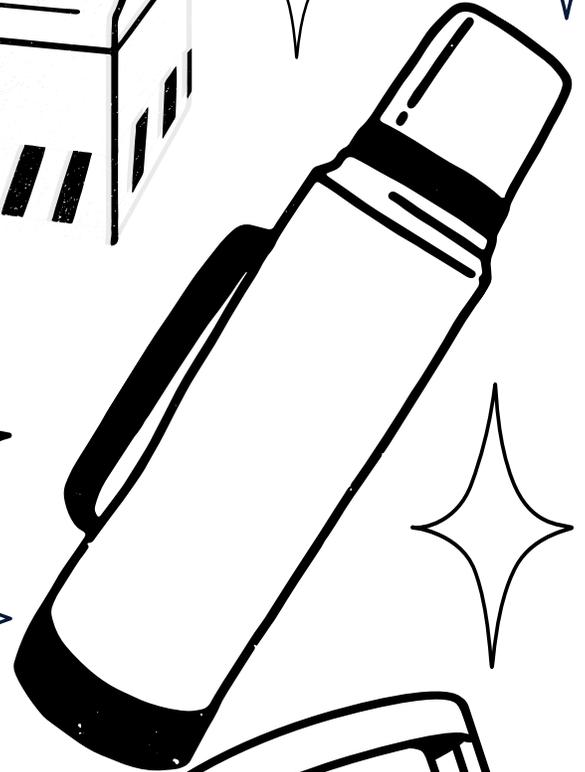
ZIEGLER

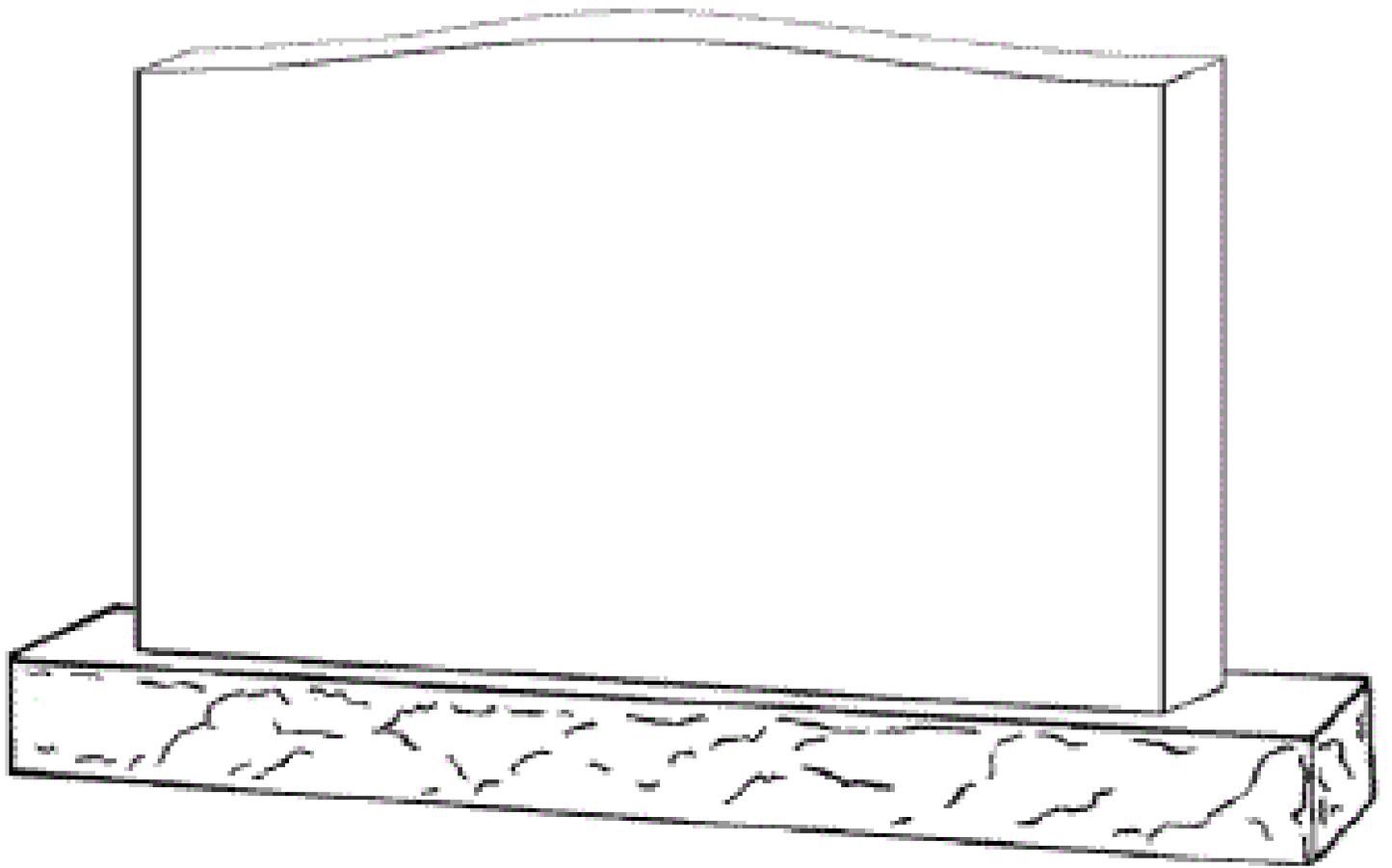
HONORS

HEARSE

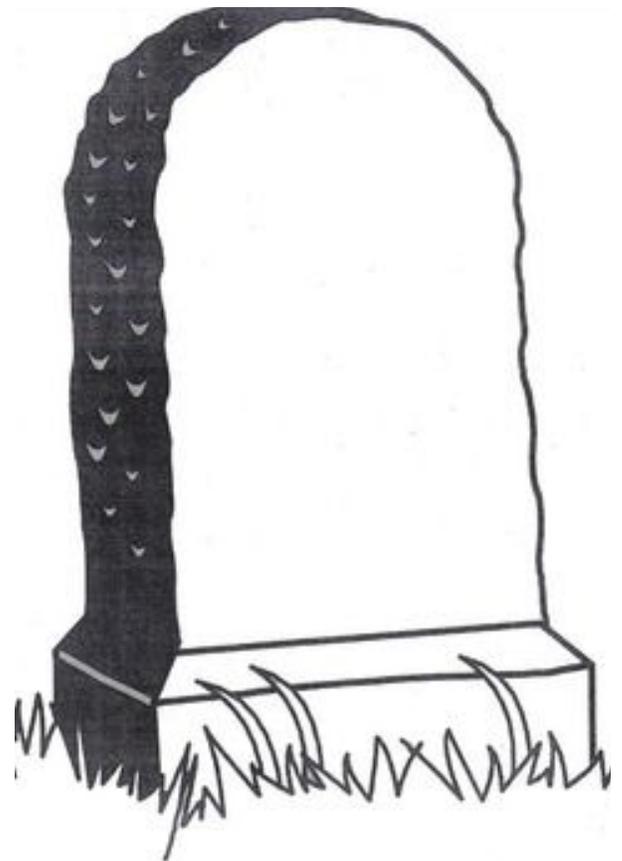
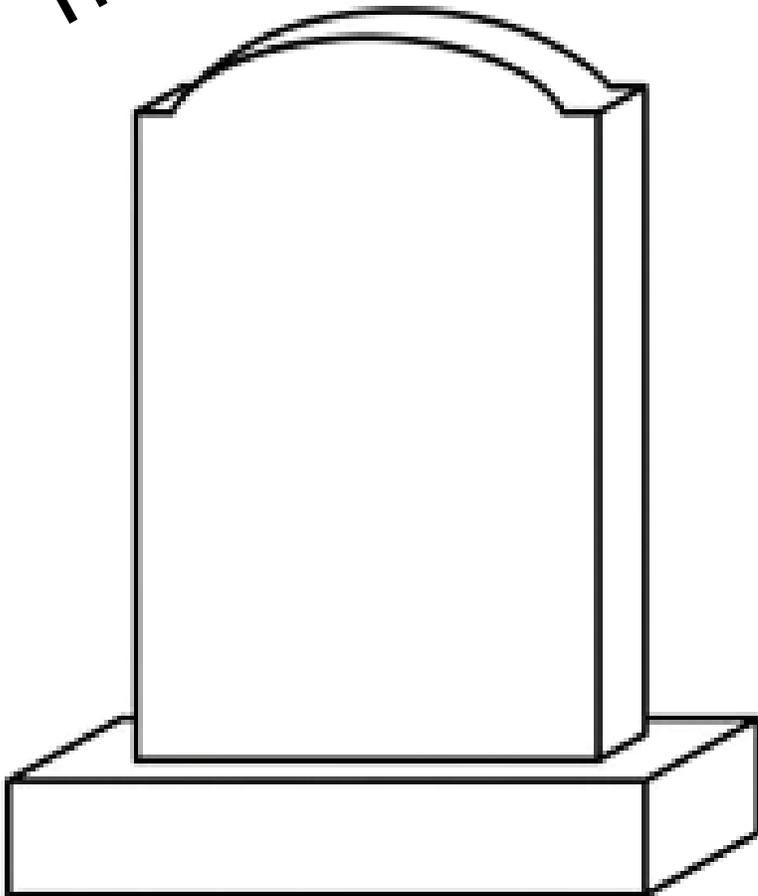
CASKET

Fancy URNS

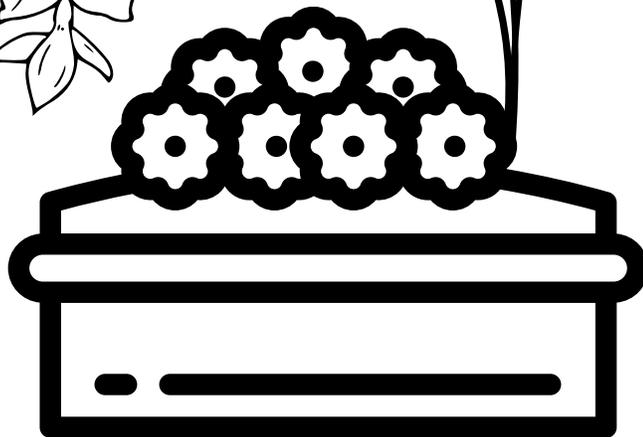
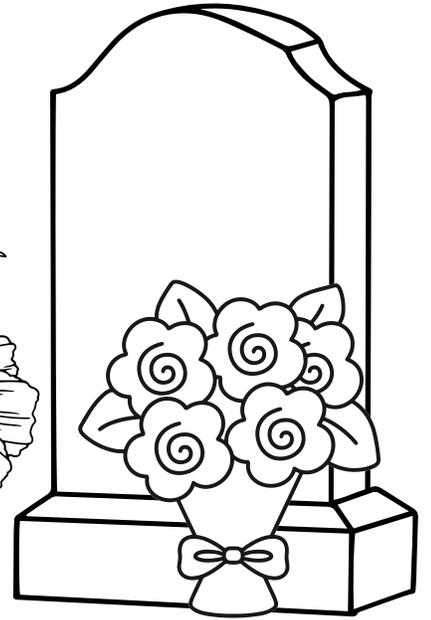
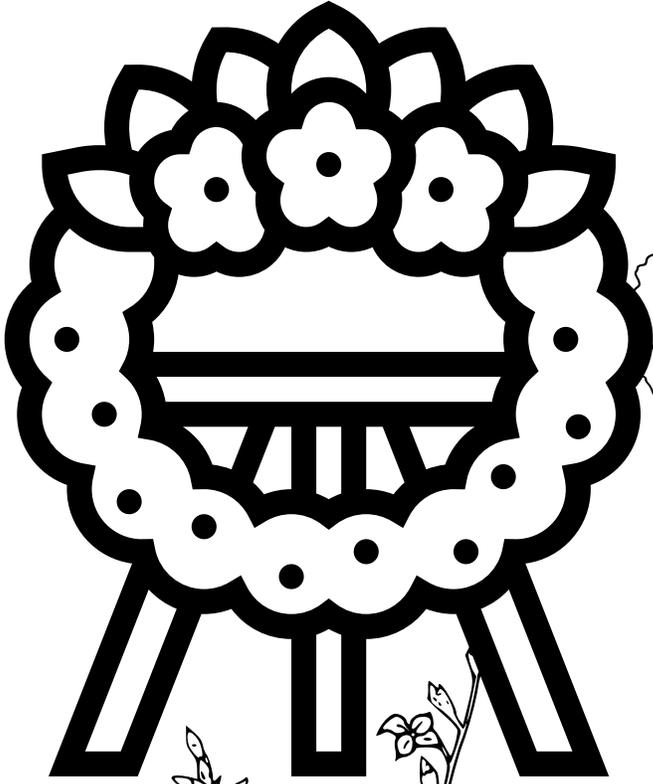




Headstone Design Contest



Les FLEURS De La Mort





Deathcare

SALES IS:

Kindness

Compassion

Caring

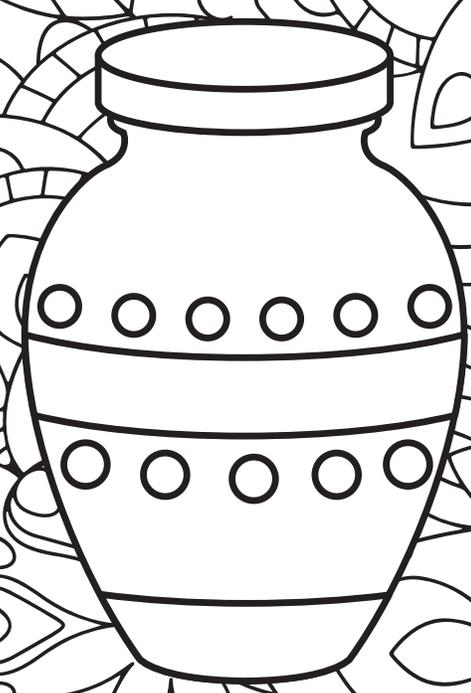
Support

Listening

**HOW DO
YOU GAIN**

**A
CLIENT'S
TRUST?**

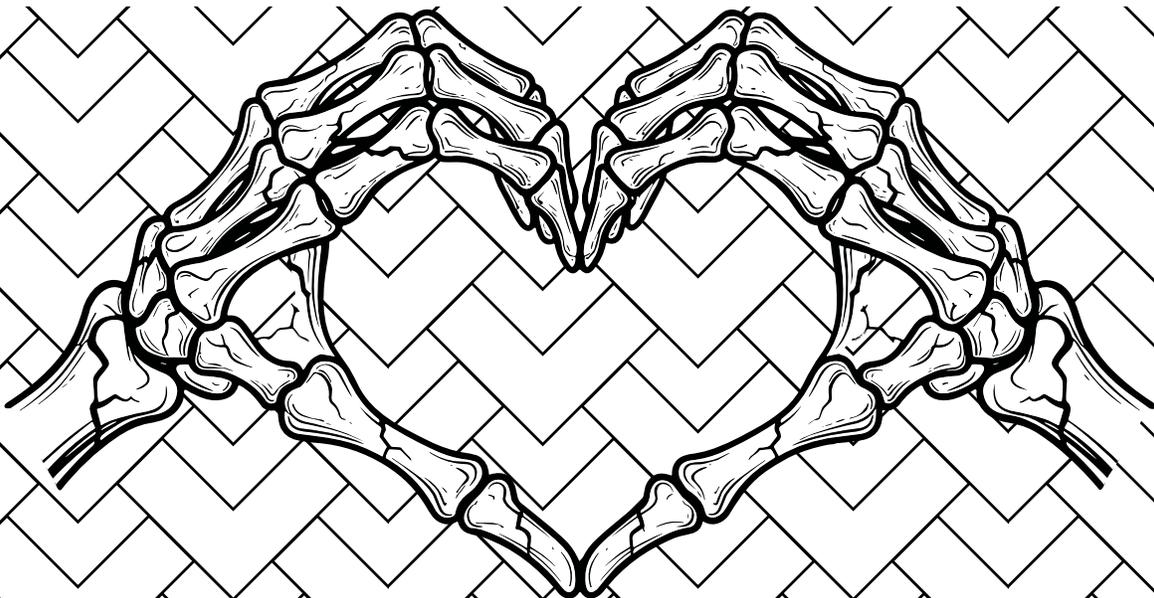
**YOU
WANT IT!**



Why did the skeleton skip
the holiday party?



It had no body to go with!



December DIVERSITY CHALLENGE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

THE CHALLENGE

December is full of observances, celebrations, and reflections - how many can you name?

Give yourself a five minute time limit then look up the answers & see how you did!

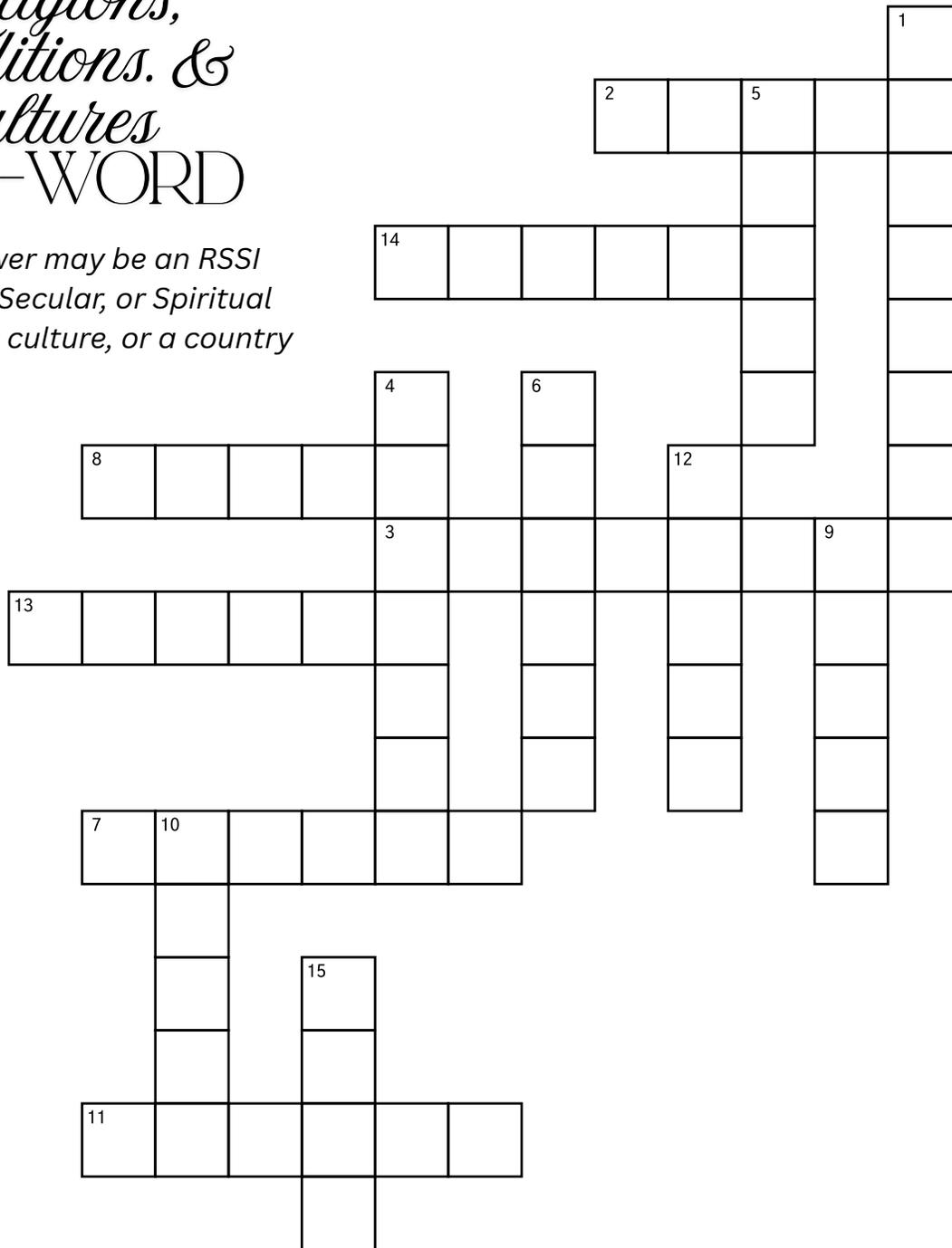


December Observances, Holidays, and Celebrations:

<https://orlandocelebrant.com/december-observances-and-celebrations/>

Religions, Traditions. & Cultures X-WORD

Hint: Answer may be an RSSI
(Religious, Secular, or Spiritual
Identity), a culture, or a country

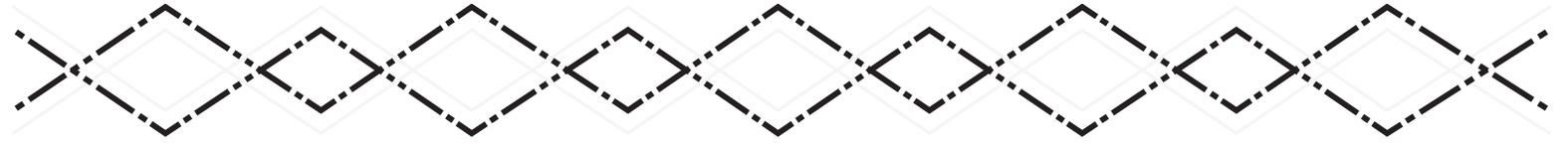


Across:

2. Summerland or Homegoing
3. velorio - extended wake
7. prohibits body/organ donation
8. Buddhist sky burial (jhator)
11. cremation illegal
13. lowest cremation rate
14. burial with feet toward Qiblih

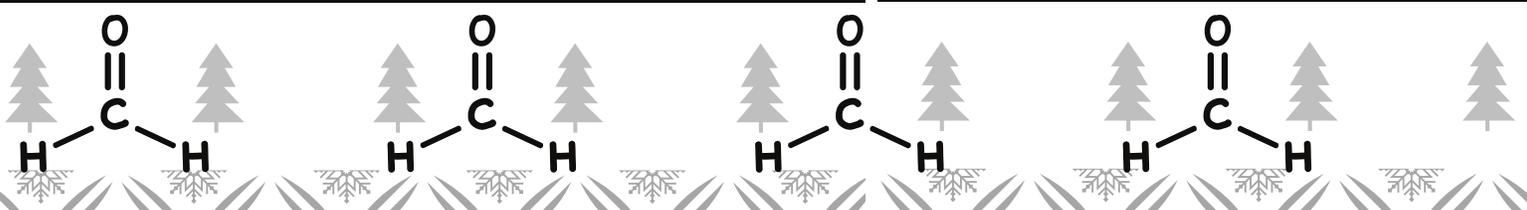
Down:

1. don't split/scatter ashes
4. uses Humanist Celebrant
5. location of largest mauso in the world
6. Ghusl (ritual washing)
9. burial with face toward Mecca
10. cremation, except for children under 3
12. highest cremation rate
15. service at gurdwara (temple)



Fa La La La La

FORMALDEHYDE



H₂CO

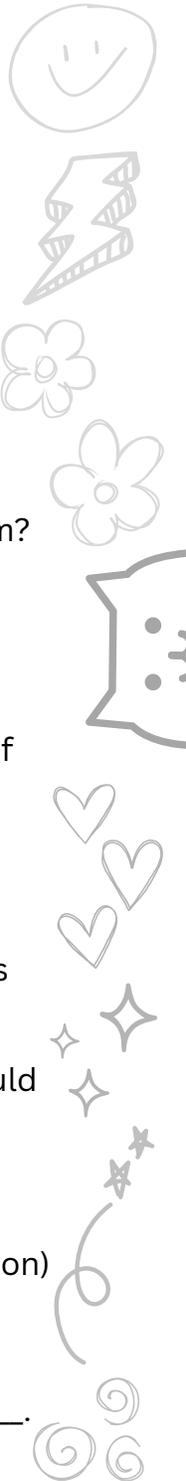


Deathcare TRIVIA CHALLENGE

Bonus: _____

Bonus: _____

- 1) A properly folded flag shows how many stars?
- 2) Who designed the safety coffin (with a bell for those buried alive)?
- 3) How many sides does a coffin have?
- 4) Arlington National Cemetery originally belonged to whom?
- 5) The word funeral comes from Latin “funus” which means...
- 6) The first written use of the word funeral was by whom?
BONUS: In which literary work was it used?
- 7) The earliest archeological evidence of cremation was found where?
- 8) Who originally pioneered the embalming technique of arterial injection?
- 9) Dr. Thomas Holmes pioneered modern American embalming technique during which war?
- 10) Famadihana (turning of the bones every 5-7 years) is practiced where?
- 11) In Ancient Egypt the full mummification process could take up to how many days?
- 12) What is the profession of cemetery caretaking?
- 13) In what state was human composting (NOR/Soilmation) first legalized? Bonus: What year?
- 14) The memorial candle lit by Jewish families on the anniversary of a loved one’s death is called a _____.



My top three values:

Three things I'm really good at:

Three things I've done that had a positive impact on others:

Three words people who love me would use to describe me:

My personal mission statement:

my Super Self

Deathcare TRIVIA CHALLENGE

4 (Four)

Taberger

6 (Six)

George Washington's Grandson

Dead Body

Geoffrey Chaucer

Bonus: *The Knight's Tale*

Australia (near Lake Mungo)

Dr. Frederik Ruysch

American Civil War

Madagascar

70 (Seventy)

Sexton

Washington

Bonus: 2020

Yahrzeit Candle

1) A properly folded flag shows how many stars?

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8) Who originally pioneered the embalming technique of arterial injection?

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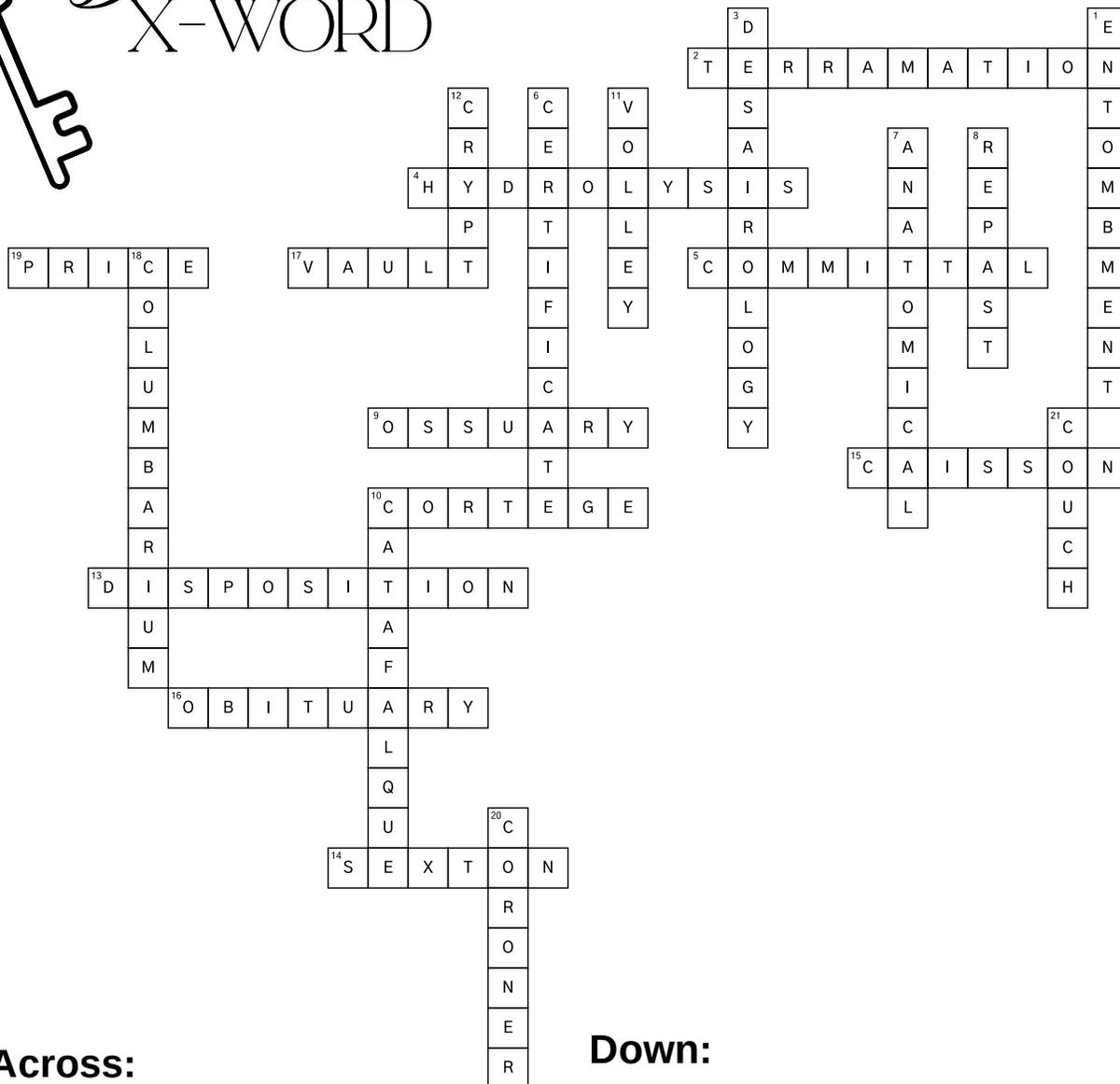
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Deathcare X-WORD

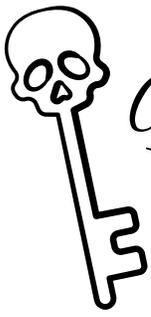


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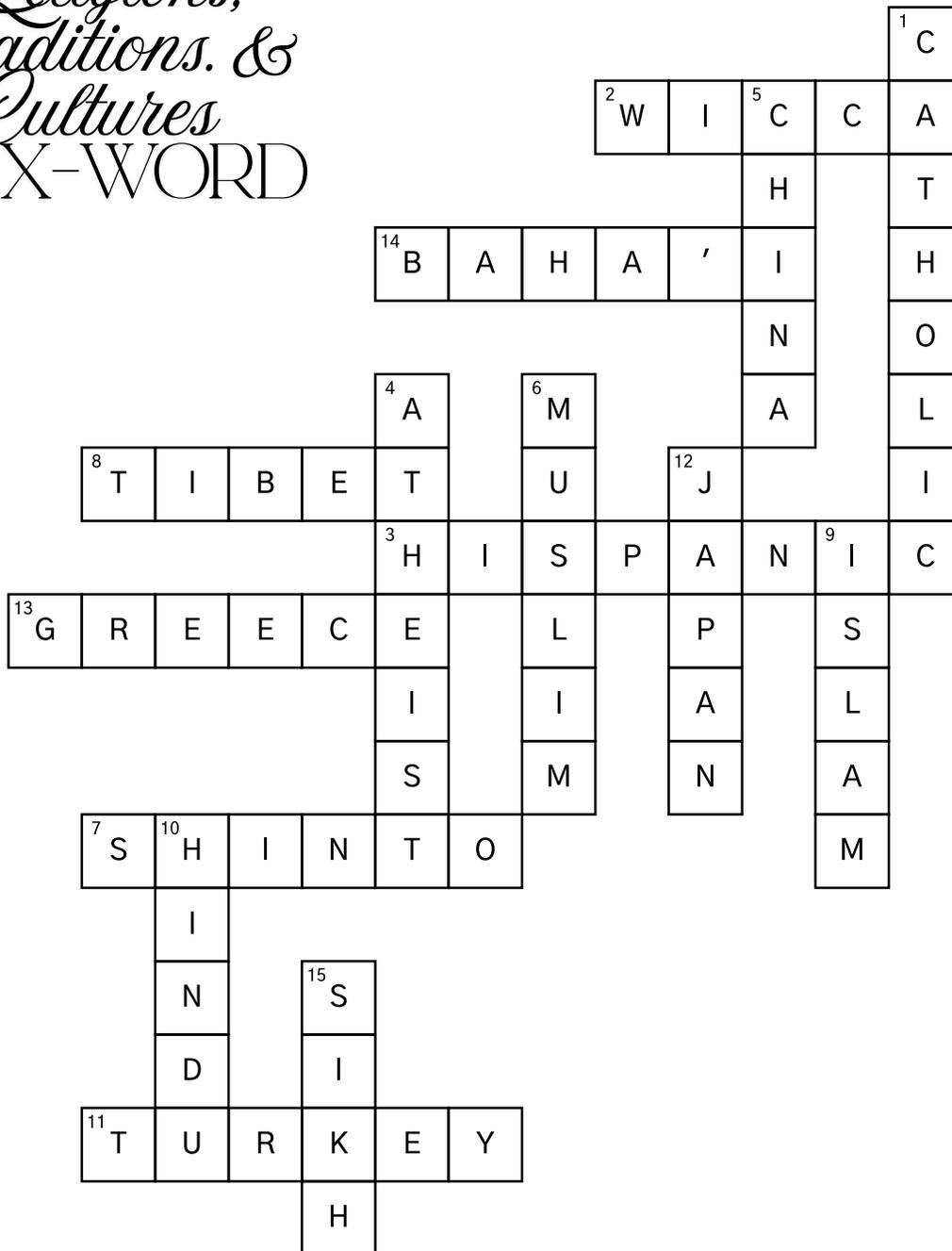
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