

Ways to Deal with Your Grief

Adapted from Kelly Baltzell M.A. & Karin Baltzell, Ph.D.

1. Light a candle. Place it in a window or a special chair for viewing as a symbol of the loved one.
2. Plant a tree. Plant it in a favorite place of your loved one, visit it as a reminder of continuing life and its cycle.
3. Write in a journal. Buy a special journal and express your feelings in order to help release your grief and feelings.
4. Make a memory box. Use a shoe box or any other small box, decorate and fill it with special items that remind you of your loved one.
5. Plant flowers. Planting flowers can bring beauty and healing. If it is not possible to plant flowers, donate flowers to a park in memory of the person.
6. Tell a story. On anniversaries and holiday's tell a story that had an impact on you.
7. Make a scholarship. Give money to local school in memory of your loved one.
8. Sing a song. On the anniversary, sing a favorite song of the lost loved one. Music can sometimes heal pain more than words.
9. Give to a charity. Give a donation to a charity in honor of your loved one.
10. Celebrate with a meal. At the time of your loved one's birthday, make their favorite dinner and have friends and family share in the meal. It is a time to share stories and feelings.
11. Sharing with the children. After sharing stories and photos with children, have them draw pictures of what they remember and have the pictures displayed: frame, hang on fridge, etc.
12. Volunteer your time. Volunteer work in honor and or memory of the lost friend/family. Participate in a walk/run for a worthy cause in their name.