



GRIEF RITUALS

The value of creating “Grief Rituals” is to help us REMEMBER our loved ones in loving, healing ways and with a sense of peace. Too often, bereaved individuals feel they must “hold on” to pain, seemingly forever, in order to remember those they love. Some examples of rituals are listed below. REMEMBER: IT IS IMPORTANT FOR YOU TO CREATE A RITUAL YOURSELF OR TOGETHER WITH YOUR FAMILY THAT WILL HAVE THE MOST MEANING AND HEALING SIGNIFICANCE TO YOU AND THOSE YOU LOVE.

- buy a very special candle and light it at times that are special to your loved one’s memory, i.e. birthday, father’s day, anniversaries, etc.
- write special notes in balloons and let them go
- help feed the hungry/homeless at Thanksgiving, holidays, etc.
- create a scrapbook of memories/photos . . . a memory book
- donate gifts, quilts, etc, in loved one’s name
- plant a strong, healthy tree or rosebush in loved one’s name
- find a tree in the canyons, or woods, tie a yellow ribbon around it, go frequently to remember (this is especially helpful when ashes have been scattered and there is no gravesite.
- let balloons go along with a prayer or special wish to loved one
- offer a scholarship in loved one’s name
- on birthdays, holidays, anniversaries, etc, buy you loved one a gift and donate it to a hospital, nursing home, etc.
- Christmas stockings – hang one up for a loved one and have everyone write a special note to put inside
- buy a Christmas ornament each year to remember your loved one
- if you go on a trip at a special anniversary time, do something special to remember your loved one on the trip (i.e. toss a rose into the ocean, light a candle)
- have a wedding ring made into a new setting for a necklace, etc.
- have a birthday party for your loved one on his/her birthday
- have a family “memory” evening where you share pictures, reminisce about special times, create a scrapbook of memories. Etc.