

How to Deal with Grief Anniversaries

Grief anniversaries can be challenging, but there are ways to navigate them.

Plan Ahead

Anticipate the anniversary and plan how you want to spend the day. Consider activities that honor your person's memory.

Create a Ritual

Consider creating a ritual, like lighting a candle, visiting a special place, or doing something in honor of your person that holds significance.

Reach Out for Support

Share your feelings with friends, family, or a support group. Connecting with others can provide comfort and understanding.

Reflect and Remember

Take time to reflect on positive memories. Consider writing a letter to your person or create a gratitude list for the time you shared.

Self-Care

Show yourself some grace. Allow for moments of solitude and self-care. It's okay to take a break from regular routines on this day.

Express Your Emotions

Don't suppress your feelings. Allow yourself to grieve, cry, or express emotions in a way that feels natural to you.

Create a Memorial

Consider creating a memorial space dedicated to your person. This could be a physical place or a digital memorial.

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