



Healing by Doing

Healing is an important part of grief and a natural progression along a path we all navigate. There are so many possible ways to find healing, however, it can be difficult to know which one might work best for you. From holding a memorial gathering to cleaning out your loved one's belongings, remembrance can be both a difficult and therapeutic endeavor.

Whatever the task you decide to tackle, first make sure you have a support system. Your friends, clergy, and community's counselors can be an invaluable resource along your journey and around any unexpected obstacles that may arise. Then, decide on whatever venture feels right to you. Perhaps the option of holding a memorial service or gathering resonates? It can provide an opportunity to create memories for those who survive as well as a lasting tribute for future generations. Oftentimes it is nice to record the stories recounted by others whose lives were also touched. Some funeral directors will help you professionally gather these accounts so you can celebrate your loved one's life story for years to come. You might also consider designating a cherished spot to visit, such as a wide bend in the river, a clearing in a meadow, or even a rock in the yard. People frequently worry that they will forget their loved one over time, but if you record the history of the life lived and create a tribute now, their impact on your life can continue well into future generations.

Grief can be very difficult to overcome and it is important that you recognize your limits and do only that which you are ready to accomplish. Yet through your own efforts, accompanied by your support system, you can find peace once again. For more information on grief support, call your local funeral director.