

HOSPICE *of the* VALLEY  
*Bereavement Literature*

WE CAN USE OUR CREATIVITY TO GIVE EXPRESSION TO OUR GRIEF

We can use our creativity to give expression to our grief . . .

Poetry, painting, dance, storytelling, [music,] sculpture or any of the various creative arts can be effective outlets . . . [and using them] has much value.

First, they give expression to our deepest experiences. Sometimes we may not be able to find words for the grief. Sometimes there are no words. More than that, creative arts are suited for every individual. Each of us has unique talents or abilities, our own interests, levels, and our own preferences. Some may use the creative arts to express feelings while others will use it to share fond memories or thoughts. Still, for others, the very act of doing something is therapeutic . . .

Producing or experiencing the productions of others gives a visual reminder that sometimes the worst experiences of life can be transformed into a tragic beauty. In its own way, that offers continued hope.

— Kenneth J. Doka, Ph.D., in *Journeys: A Newsletter to Help in Bereavement*, May 2001