

## Getting Through the Rest of Your Life

When your loved one dies, you not only grieve for that person, but also for the life you used to have and all the special occasions you shared and planned to share in the future. Gradually, you will learn to adjust to the loss of the person who died and learn to move forward with your life. This will take time and work. It is only natural, however, that certain important moments and events in your life will trigger your grief. During these special times, it is very normal to re-visit your grief and remember those loved ones who have died:

- Holidays
- Anniversaries
- Birthdays
- Prom
- Graduation from high school and college
- Marriage
- First child

During these moments, it is also natural to wonder:

- What would it be like if they were here?
- How might life be different today?
- Would I be the same person I am today?
- Can they see me now?
- Are they with me?

## Preparing for Grief

Be as ready as possible for these moments. Know that it is okay to remember those you love. Even though they are not present in a physical form, they are a part of who you are and will always be with you. Here are some ways to remember your loved ones and plan ahead:

- Participate in the funeral/memorial services.
- Talk about your loved ones with others.
- Display pictures of them.
- Create a photo album or memory book.
- Maintain family traditions.
- Play their favorite music.
- Eat or prepare their favorite foods.
- Set a place at the table for them.
- Light a candle.
- Talk to them.
- Visit the cemetery.
- Write about them—journal, poem, song, story.
- Plant a tree.
- Create a ceremony.
- Take a walk in nature.
- Dedicate a donation to a charitable cause in their memory/name.

This will be a difficult journey, but you will get through it with the help of friends and family and the memories of your loved one.