



Tips To Survive Anniversaries After A Death

By JoAnne Funch

Anniversaries of a death, life events, birthdays, Father & Mother's Day can all be especially difficult when you are grieving.

1. Make a list or note on your calendar all the special days you and your loved one celebrate during the year.
2. Plan ahead for these days as your sadness will be heightened.
3. You may want to take the day off work on the anniversary of the death to go to the cemetery or scattering site.
4. On your loved one's birthday you may want to honor it with a special meal and include your loved one's favorite food or cake.
5. If you lost your spouse, the anniversary of your wedding can be difficult. You could spend some time looking at your wedding album and memorabilia of the life you shared. Remembering your love also keeps your spouse's memory alive for you.
6. Spend some quiet time journaling your feelings about this day and what the memories mean to you.
7. Call and talk with someone who will reminisce with you about the deceased loved one. Often sharing fond memories lightens the day and brings you joy and laughter.
8. Donate your time or money to a charity your loved one favored in honor of their memory.
9. Any anniversaries particularly the first year are difficult, so reach out to a friend or family member asking them to spend time with you that day.