

Session 5 – How To Take Fun Seriously – learning that every moment is not about death and grieving

The part of the wedding vow “until death do us part” has arrived, perhaps prematurely. You didn’t have a choice in your spouse’s death, but you do have a choice on how to live the rest of your life.

We often feel guilty immediately following the death of our spouse if we laugh or have fun. Somehow we believe we are not honoring our dead spouse. We must remember that our heart will feel broken for a very long time and it’s not only OK but it is healthy to seek joy in the life we have.

Grieving is a process, not an illness. Along the journey we need to pay particular attention to providing ourselves with gentle, self-care as well as finding enjoyment in the moment. At times the seriousness of grief will weigh you down, it takes some effort and intention to be more light hearted.

Here are some tips;

- When friends invite you to socialize, say YES before saying no
- Know that it is also OK to say NO when you are physically or emotionally not ready
- Get out in nature, walk, ride, pedal, row – whatever way you choose, it restorative and its fun
- Start a new hobby
- Go out with your best girlfriends/guy friends, you’ll surely find something to laugh about with their lives
- Go see a funny movie or play
- Go to the park and watch kids play
- Watch cartoons on a Saturday morning with some kids
- Be silly...yes, give yourself permission to do something silly. Need ideas? Ask a child what they do that is silly or ask a kid to play with YOU.

Write yourself some notes on things that sound like fun that you will consider doing:

Write some things that you and your spouse enjoyed doing just for fun:

Would you consider doing any of these things without him/her? Could you take a friend or family member? (things you once enjoyed should not stop because your spouse can no longer enjoy them with you)
