Significant Dates, Times & Places

Suggestions for working through, expressing, and healing

1. Journal.
2. Write a story about the one you have lost.
3. Create a video of special places.
4. Make a collage of the person's life.
5. Make a collage of what you are feeling because of your loss.
6. Read books about loss.
7. Create a pictorial memorial.
8. Paint your feelings.
9. Draw your experience.
10. Build an altar of meaningful items from your relationship.
11. Do a sculpture.
12. Make any kind of art.
13. Write a poem about yourself and where you are now.
14. Write a poem as a tribute to the one you have lost.
15. Do something physical like dancing or hiking.
16. Listen to your favorite song.
17. Listen to your loved one's favorite song.
18. Be in nature.

**Adapted from *Bereavement Counseling* on the website of Michele Metche, Ct., HA, Ph.D. at www.selfinlight.com/Bereavement.html