



12 Months of Grief Support

January

Easy Does It

Grief is too huge to address in a single New Year's resolution.

Avoid putting expectations or timetables on yourself, and give yourself permission to take it easy.

February

Love Yourself

Write yourself a love letter listing the qualities that make you unique, restoring a healthy love of self is essential to self-care.

March

Color Your World

Embrace the healing power of music and explore the colors of the rainbow.

Play music as you color, paint, or view works from your favorite artist.

April

Focus on Health

Practice self-care with exercise, nutrition, hydration, and relaxation.

Take good care of yourself to feel better physically and emotionally.

May

Honor Their Memory

It might feel like a thin line between honoring your loved one and staying immersed in grief.

Hold them in your heart in a way that gives you comfort.

June

Plan an Escape

Grief can feel confining.

Give yourself a break from the daily grind. If travel or vacation isn't possible, spend time doing something you enjoy.

July

Become Social Again

Take a moment to assess your social wellness. Hang out with friends and enjoy the simple pleasure of conversation and camaraderie - even online friendships and chats.

August

Share Your Story

Are you ready to share your grief journey with someone else who is hurting?

Your unique insight, strength, and experience could be a gift to others in need.

September

Spread Kindness

Grief doesn't have to rob you of sharing and caring for yourself and others.

Recognize someone's act of kindness with one of your own.

October

Ask for Help

Seeking help isn't a sign of weakness.

Each grieving person is on their own path, but that doesn't mean we have to walk alone.

November

Practice Gratitude

It is natural to feel numb to holidays that once brought joy. Yet expressing gratitude, even for the smallest thing, helps heal your grief and reinforces positivity in your life.

December

Gather Together

Too much solitude is not healthy for anyone, particularly when grieving.

Use the winter holidays as a catalyst to gather with family, friends, or neighbors.