

## 9076 - Interactive Ways to Help Deal with Grief

### 1. Journaling

A journal or diary is cost effective, convenient, private, illuminating and most importantly, healing. It can be a conversation with God, a way to let out your emotions and thoughts that no one else will read, a way to express things to the deceased, or an imaginary pen pal. All that's required is a pen, and **a commitment to honesty and regular block of time for writing**. It promotes the grief to go from the inside out. We can write when we don't want to talk. It can be a way to diminish guilt feelings.

#### *Example of topics:*

- Write a letter to your special someone who has died.
- Write about a special memory of your special someone.
- Write about what you wish you'd done or not done.
- Write about the things you wish you'd said or not said.
- Write about what you miss most about your special someone.
- Write about what your deceased loved one means to you.
- Rewrite a "goodbye"

### 2. Memory Box

A memory box is a great way to remember thoughts, feelings, or special memories about the person you have lost. This is your special box to hold memories. The items you place in here are up to you. Looking through this box can help you feel close to your loved one once again. You can choose whatever container you'd like and decorate however you like.

#### *Examples of ideas:*

- Write the person's name on it or inside the box.
- Use glitter glue, markers, crayons, coloured pencils to draw things that may remind you of your loved one.
- Draw a picture of this person.
- Glue a photo of this person.
- Put items or notes inside.

Source:

Mahaney, E. A Compilation of Grief Activities for Individuals and Groups. Retrieved from [www.southtampatherapy.com](http://www.southtampatherapy.com) <http://psychology.tools/grief.html>