



Remembering and the Use of Rituals

The use of rituals provides a concrete way to express one's grief. The feelings of grief are often so nebulous and difficult to put into words that it can be helpful to use rituals as a way to express the inexpressible.

10. Grief Rituals

- Create a garden
- Light a candle at dinner each evening
- Eat the favorite food of your loved one on their birthday
- Set a place at the table for your deceased loved one on holidays
- Plant a tree
- Maintain a holiday tradition that was meaningful to your loved one
- Write your loved one letters
- Put meaningful items on their grave
- Make a blanket/jacket/pillowcase out of your loved one's clothing
- Carry a picture or trinket of your loved one in your pocket/purse/backpack

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