

FINDING COMFORT

When we lose someone we love, we have no idea where the journey will take us and what we'll need along the way. What feels comforting today might feel irritating tomorrow. Like most of the grief journey, there is no rhyme or reason to the ways we find comfort.

COMMON COMFORT ITEMS & ACTIVITIES

Holding their possessions. Holding a loved one's favorite pillow, stuffed animal, blanket or other treasured trinket allows us to feel close to him/her when it's in our hands.

Wearing their stuff. Wearing our loved one's bathrobe, shirts, watch, jewelry or sweatpants often bring comfort.

Personalize it. Gifts adorning our loved one's name or photo often bring comfort. Consider an ornament or a locket containing your loved one's photo, a bracelet engraved with their name, or a keychain adorned with your loved one's thumbprint.

Books & Audio. Grief books such as the *Grief Diaries* series reassure us we're not alone. A CD or playlist of our loved one's favorite songs can bring great comfort. Meditation apps can soothe raw nerves.

Silence. Stillness, quietness, and meditation can help us feel safe and grounded.

Familiarity. Eating our loved one's favorite food, watching their favorite movie, and going through their memorabilia can bring great comfort.

Expressive writing. Penning is useful for those who fear they'll forget the little things. Writing them down gives us a place to safely store our memories and ease the fear of forgetting moments we treasured.

Aromatherapy. Essential and fragrance oils have proven to calm our mood. Consider soothing candles, diffusers, jewelry diffusers, luxury soap, bath oils, potpourris, etc.

Pets. Interaction with our pets has been scientifically proven to reduce anxiety and lift our spirits in a safe, nonjudgmental way.

Gift of Comedy. It's been said that one laugh scatters a hundred griefs. A healthy dose of laughter can provide an emotional release that deserves recognition.

ANSWER THE FOLLOWING QUESTIONS

What brings you comfort today? Has this changed over time?
