**Practices to help us come to terms with grief**

**Taken from the Booklet Below:**

[**https://www.collectivepsychology.org/wp-content/uploads/2020/04/This-Too-Shall-Pass.pdf**](https://www.collectivepsychology.org/wp-content/uploads/2020/04/This-Too-Shall-Pass.pdf)



Finally, we offer five practices for grieving well, each of which can be explored

individually or in groups.

• **Writing a Grief Letter or Grief List.** Making an inventory of what we are

grieving can be enormously helpful when we feel overwhelmed – either in

personal writing or in collective online journaling.

• **Making a Grief Altar or Memorial Corner.** Creating a special place in

the house or online to make space for grief – a place for photos of places we

cannot go, tickets unused, photos of people we loved who have passed – can

help us to say goodbye.

• **A Gratitude Walk.** Physical movement can unlock things in us that thinking

alone cannot. Going for walks, alone or with a loved one (whether beside

us or on the phone) while focusing on things we are thankful for can be a

powerful practice for dealing with loss.

• **Telling Stories.** When someone we love has died, it helps to listen to, and

tell, stories about them, just as we do at a wake – and we can find deep comfort in spaces to remember specific losses in our lives, either with one other person, or in online groups.

• **Listening to Music that Helps us Feel.** Music can open a pathway to

our emotions in a way that words sometimes cannot, and we can open ourselves up to grief through listening to sad or elegiac music either alone or

with others.