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Chapters

Turning the Pages through Grief



Go Ahead MAKE THE PLANS

By Paulette LeBlanc

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In the midst of grieving someone who has died, the last thing most people are thinking about is a vacation, getting a new pet, or spending the day frolicking on the beach. But what if those were only some of the plans you thought you were making with the one who died?

I often say there is no rule regarding the correct way to grieve, however, **there is also no rule that says you cannot forge ahead with plans you had with the deceased, now that they're gone.**

If your anniversary is coming up, and you before your partner died, you had planned to celebrate with a trip to Paris, go anyway. One way to celebrate their life might be to make a list of everything you had planned to do together, and begin crossing those things off one at a time as you complete them. You can even enlist some things you know the deceased would not have wanted to do. If your sister died, take that trip to Scotland you two were always talking about.

There is something about death that often makes people feel as though they have to put away anything having to do with the person who died. It is entirely possible to honor their memory by going ahead with your plans... and theirs. You knew the person who died. If you're grieving them, chances are, you knew them well.

Why not honor the memory of that person by doing the things you'd wanted to do together?

Build that outdoor patio, renovate the house, or sell the boat and buy a wave runner.

While it is recommended putting off making any major changes in the midst of the turmoil that comes with death, there are many inconsequential things you

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"I am grateful for what I am and have. My thanksgiving is perpetual."
—Henry David Thoreau

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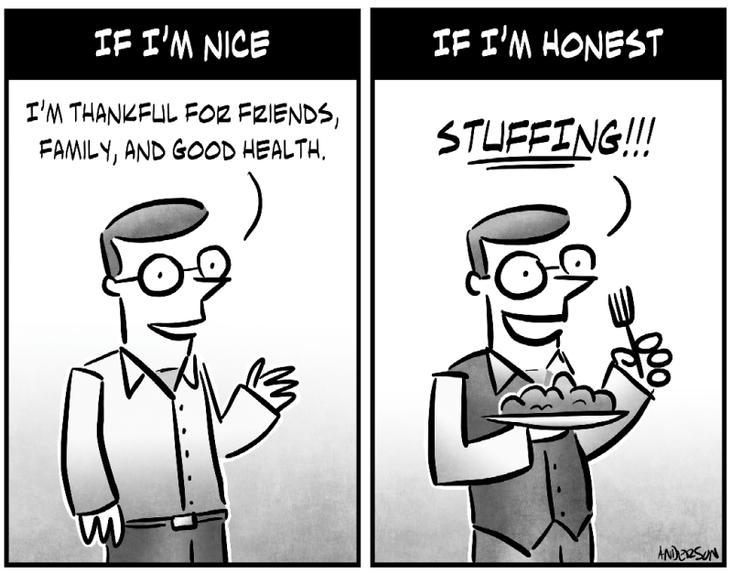
can do in the meantime, as you find your way through the season of grief. If you and your spouse never had a regular date-night, and it was something you'd always meant to do, by all means, go out to dinner and see a movie once a week. Accomplishing things left undone can be very gratifying, even therapeutic. If it helps, you can imagine they are there with you for each accomplishment. If you're uncomfortable doing these things alone, perhaps you can enlist the help of a friend or family member to take on the list with you.

Everyone has something they always meant to do. If that something seems a little out of reach right now, that's okay. You can always put off a vacation, road trip, or purchase. **When the time is right and you are feeling up to it, you will know. If taking baby-steps ultimately leads to your healing, take those baby-steps.**

Rather than a trip to Paris, maybe plan to go somewhere closer for now. If If a once a week date-night was on your list, perhaps once a month will work until you're feeling a little more like yourself. There are many things, however, that you can do now, such as eating a healthier diet, taking a cooking class, learning a new language, or joining a gym.

If you didn't have a list with your loved one, you can always make one of your own, accomplishing those things you'd always meant to do. **There's never a wrong time to start doing the things you feel right about, and the new activities may help you through what is undoubtedly one of the most difficult periods of your life.**

Whatever you decide to do, or even not to do, please remember to be kind to yourself in this season of grief.





Holidays are stressful enough, but if you are grieving you may not be up for the usual festivities, and the work that comes along with them. The following are some tips and tricks to get you through the season.

- Focus on what you can control about holidays. if you are not in the spirit of things. You cannot stop the seasonal music in stores, but you can limit your decorating, or shop online.

- Have your local caterer or supermarket make and deliver your holiday meal. It is more economical than you might think!

- Plan ahead. If your deceased loved one always carved the turkey, ask someone else to take on that task ahead of time.

- A cute and fast decorating idea...wrap the outside of the doors inside your home with strips of oversized ribbon to resemble presents, and call it done.

- Set boundaries! Attend gatherings only if you feel ready. Remember you can stay as little or as long as you wish.

- Ask for help. Seek help from friends, family, coworkers and professionals if needed.

- Volunteer. Helping others can help alleviate your sadness, while bringing joy to others.

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The purpose of this newsletter is to share honest insights with a fresh approach, on how to navigate through all of life's chapters.
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