



Navigating Grief: Finding Comfort Through Healing Activities

Grief is a deeply personal and complex journey that affects each person in different ways. It often comes in waves, sometimes when we least expect it, and can leave us feeling lost, overwhelmed, or disconnected. While there is no “right” way to grieve, there are healthy ways to process and cope with loss. One important step is finding activities that offer comfort, space for reflection, or a connection to the memory of our loved ones.

Here are three activities that can help you navigate grief and find healing:

1. Journaling: A Path to Understanding Emotions

Writing can be a powerful outlet for emotions during times of grief. Journaling allows you to express your thoughts and feelings in a non-judgmental space. You don't need to follow any set format or structure—let your emotions flow onto the page. Write about your memories, your emotions, or even letters to your loved one. Some find it helpful to look back at these entries over time, as it can help to track how grief evolves and provide insight into the healing process.

Tip: Start by setting aside 10-15 minutes a day to write. Let yourself be as open and honest as possible. Writing without fear of judgment can be a liberating way to process your feelings.

2. Engaging in Nature Walks: A Grounding Experience

Nature has a calming and restorative effect on the mind and body. Taking a walk in a peaceful, natural setting can help ground you in the present moment and offer a sense of calm when grief feels overwhelming. Whether it's a local park, a forest trail, or even a beach, connecting with nature can provide clarity, perspective, and a reminder that life continues around us, even in the midst of sorrow.

Tip: While walking, focus on your surroundings—the sound of leaves rustling, the smell of fresh air, or the sight of trees swaying in the breeze. This mindful approach can offer relief from the constant thoughts of grief.

3. Creating a Memory Box: Honoring the Past

A memory box can be a beautiful way to honor and celebrate the life of your loved one. Fill it with items that remind you of special moments shared together—photos, letters, keepsakes, or anything that holds significance.

When grief feels too heavy to bear, opening the memory box and reflecting on these cherished memories can bring a sense of comfort and connection.

Tip: If you feel up to it, invite family members or close friends to contribute items to the box. Sharing stories and memories together can be a healing experience and a reminder that grief does not have to be faced alone.

Finding Your Own Path

While these activities may help you in your journey through grief, it's important to remember that healing takes time and everyone's path is different.

Some days will be harder than others, but creating space for yourself, whether through writing, nature, or honoring memories, can help guide you toward peace.

If you or someone you know is struggling with grief, don't hesitate to seek support from friends, family, or professional counselors. There is no shame in reaching out for help when needed—it is a vital part of the healing process.

By focusing on activities that nurture the heart and mind, we can take small steps toward acceptance and healing. Whether through quiet reflection, time in nature, or honouring memories, these practices offer solace in a time of sadness.

Always remember – grief is a normal part of life.

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