If you no longer wish to receive grief mailings from Unity, we hope you find this newsletter helpful and supportive.
Honoring the Memory

Perhaps one of the most common aspects of grief is the increase in pain with the approaching anniversary of your loved one’s death. This is commonly known as an “anniversary reaction” because it seems to coincide with events and experiences of the previous year, and may also occur with birthdays, wedding anniversaries, or other special occasions. You may have noticed a sensitivity to certain dates, times and seasons during the past several months. You may find yourself thinking about your loved one more than usual and what was going on last year at this time. Even if you never paid much attention to the actual dates at which critical events occurred, these memories may be affecting your emotional well-being. With this resurgence of grief comes anxiety and confusion as you were hoping to “be better by now.” These anniversary reactions are a normal part of the healing process. If you find yourself struggling, please reach out to family, friends, clergy, Unity or other places of support.

HELPING YOURSELF HEAL

• Know that some days of the year may be more difficult. It may be an expected special day such as a holiday, birthday, or anniversary. It may also be a season of the year, a sporting event or other days that held meaning for you and your loved one.

• Some bereaved say the anticipation of the special day is worse than the actual day. This is not to say that the special day is easy; however, sometimes the days leading up to the special day can be more difficult than the day itself.

• Preparation can be helpful. Think about the day or time of day that may be more challenging and make a plan of how to spend that time. Make a back-up plan. If you can, “play it by ear” as your needs change day to day.

• Keep your expectations realistic.

CONTINUING THE RELATIONSHIP

Remember that there is no right or wrong way to get through these days or to honor your loved one. As you think of them and their importance in your life, it may bring comfort to take part in an activity to honor this love. Here are some thoughts:

• Light a candle in your loved one’s memory.
• Leave memorial flowers at church or another special spot.
• Visit a place you liked to go together.
• Plant a memorial tree.
• Make a memorial quilt out of their clothing.
• Get a tattoo.
• Release balloons with attached messages in memory of your loved one. Invite family and/or friends to share in this ritual
• Plant a memory garden or put a bench in your garden/yard with a plaque.
• Release ornaments and ornaments, each are beautiful, are available. Each ornament includes an inspirational message. Ornaments are available for $10 each.

UNITY RESALE SHOPPE, LLC

Unity Resale Shoppe, LLC offers a warm and inviting place where household items and clothing can be donated and purchased. Proceeds from sales help fund grief programs, patient care and hospice respite stays. The Shoppe is located at 1641 Commanche Ave, Green Bay, near the Austin Straubel Airport. For more information, visit us at www.unityhospice.org/resale-shoppe or phone 920-339-5501.