



GRIEF AND LOSS



The summer is a time of fun and relaxation. It is a time to gather with family and friends to share in each other's lives and create loving memories. It is a time to bask in the sun and enjoy the freedom the summer days and nights bring.

While the summer is a time of fun and relaxation for some, the holidays of summer can be difficult times that remind us of those we have lost. The same memories that have warmed us throughout our lives are now triggers for painful grief that can leave us feeling sad and lonely.

Following are some tips to help those who are grieving survive:

- ☀ **Expect to have pain; when it comes let it.**
- ☀ **Talk about your feelings and let people know you are struggling.**
- ☀ **Make a donation in the name of your loved one.**
- ☀ **Replace negative thoughts with positive ones "I will endure".**
- ☀ **Include others who are grieving in your memorial plans.**
- ☀ **If you feel like crying, cry, let the emotions out.**
- ☀ **Plan a time during the summer to remember your loved one.**
- ☀ **Create summer plans that that help you to celebrate the season.**
- ☀ **Plan for summer by having loved ones around you.**

Enjoying the summer while you are grieving is not easy. Focus on making the summer months a time for gathering with loved ones and remembering the loved ones who are gone. Work to create new memories and to incorporate your deceased loved one into the celebrations you have. It is important to enjoy the warm relaxing days of summer and to celebrate the memories of those you have lost.

For further information:

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