

CREATIVE GRIEF

One strategy for handling grief that is especially effective is to find a creative outlet that is uniquely motivating to you. Creativity is healing anyway, but especially when it is focused on your grief and loss.

Even if you do not feel like you have an “artistic” bent, you will have a creative side which can help you with this process. The important thing is to have a simple, yet meaningful way that you can creatively express your feelings and thoughts during this holiday season to contain your grieving process should it arrive on your doorstep! By having this available for you, you will have a safe place to express yourself, which will help you handle the journey and grow stronger. A sense of dread will be replaced with a new beginning of rest, hope and healing. Try it!!

Here are some suggestions of using creativity to help you as a way to grieve:

- Create a personal scrapbook of past holidays and events with your loved one or family. Add special journaling with each page that speaks of YOUR heart and feelings during those special times. This does not have to be shown to anyone if you would prefer, so you can be honest with your thoughts.
- Create a visual journal that includes collage and doodles, quotes, pictures and memorabilia that expresses some particular theme that you feel a need to process such as Life with Dad or Mom, Fun at the Beach, and some historical references to your loved one or your family.
- If you like gardening and landscaping, make a special arrangement outside that would be conducive to the season, in memory of the loss or loved one. You can use all types of unique items, maybe sparked by a particular statue, bird feeder or nature object that reminds you of your loved one or the past.
- Create a wall hanging with a fish net that you can purchase (you can get them at Michaels). You and/or your family can put memorabilia and symbols in the net that can memorialize your loved one or the situation that you have lost.
- Write stories of memories that come to you during the season and decorate with art-making and photos.
- Write poems, music or any other creative expression of your grief in a special journal. Just recording ideas of creative expressions will get you started on this creative grief journey.
- If you like to sew or knit, create a memory quilt or knit a prayer shawl.
- Create an “altered” book that focuses on memories that pop up during the holidays.

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