

Navigating Loss: *The Healing Power of Rituals*

When you lose someone you love, the sense of absence can feel like it will never go away. Yet, this is part of being human and a normal step in the grieving process. You are adjusting to change and it will take time to heal. Studies have shown that creating a ritual may help you cope with your loss and bring a semblance of order back into your life.



What is a personal ritual?

Unlike memorial services which tend to be large public rituals, personal rituals such as tending to a loved one's orchids after they are gone, are more intimate. These rituals can help you connect to the memory of a loved one in a powerful way and in the process, bring healing, reflection and a renewed sense of control.



Start a ritual of your own

We encourage you to use the healing power of rituals to help you navigate on your grief journey. Consider creating a ritual that is unique to you. Here are some ideas to help you get started.

- Plant a flower or tree in memory of a loved one
- Light a special candle each evening
- Hang a wind chime that creates a lovely sound
- Write their name on a leaf and release it to the water
- Prepare a special meal
- Listen to cherished songs
- Read a poem or say a prayer
- Use a loved one's tools or kitchen utensils
- Take a drive to a favorite scenic spot
- Create a painting of a favorite memory
- Watch a movie you both loved
- Leave an empty place setting at the dinner table
- Put together a scrapbook of mementos
- Visit an old neighborhood
- Relive a special event you shared
- Create a spot in your garden for quiet reflection
- Post a memory on your loved one's Facebook wall
- Start a journal of your fondest memories
- Connect with one of their friends and reminisce

At Navian Hawaii, we are here for you

If you would like to speak with one of our bereavement counselors, please call or email us at:

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