

# EMBRACING LOVE during grief

Many people share that February is a difficult month for grief. There are hearts, candies, cards, and other classically-created signs of love everywhere you look. Let's flip our thoughts about showing and feeling love into some ideas that we can all form in our own ways to fit our life best. Sometimes all it takes is a gentle reframing of our expectations for the month, to help us remember all of the wonderful outlets we already have for our love to pour out!



## SEND SOME LOVE

Writing a letter or note to someone can really make their month! It might be a letter of friendship, reconnection, gratitude, or just to say hi and catch up! Getting our feelings out in writing can feel like a great outlet to communicate in a different and special way.



## TREAT YOURSELF

Do you ever find yourself denying a sweet tooth or passing up something you think would feel decadent? Maybe it's time you treated yourself to something yummy, fun, or out of the ordinary. It's important to show ourselves love too!

## SAY I LOVE YOU

Did you know there are many ways to say "I love you" without even saying the words? Many times, we show people we care by saying kind things like, "I miss you." or "Drive safe." But it can feel really nice to just remind people by saying a simple "I love you."



## GIVE TO A CAUSE

We can also get a warm fuzzy feeling when we support a cause that is near and dear to our hearts. This might be through a donation, volunteering, advocacy, etc. When we help support something special, that love is magnified and goes out to others.



**Now take some time to brainstorm some ideas of how you would like to embrace love through grief in your life**

