



# SELF CARE NEWSLETTER

Horizon Grief Resource Center



## GRIEF IN THE SUMMER

Written by Kayla Waldschmidt

I love living in a state with four seasons. However, in recent years, I've noticed I never fully stop to enjoy the season I am in. During winter, I yearn for warmer weather and spring flowers. In summer, I can't wait for fall leaves and sweatshirt weather. I vowed this year to "stay in the season I am in" and focus on the highlights of each season and enjoy the seasonal pleasures that come with it.

In grief we can find ourselves looking ahead toward future seasons---most notably, holiday season fears/anticipations begin to creep in this time of year. I challenge you to stay in the summer season as we only have seven weeks left. Need some ideas to soak it in--check out these two articles:

23 Ways to Make the Most of July: <https://camillestyles.com/wellness/things-to-do-in-july/>

26 Ways to Really Soak in the Summer: <https://witanddelight.com/2021/06/25-ways-to-really-soak-in-the-summer/>

**BE MINDFUL**

**"Stay in  
the  
season I  
am in."**



*"Go outside, if possible. A dose of sunshine and vitamin D helps people cope with stress."  
--Cheri Milton, MST*

## GRIEVING DURING THE SUMMER

### Living with Grief

People often reflect that winter weather, especially the short grey January days, match the way they feel in grief. Summer weather by contrast, can make us feel as if we have to put on a mask and pretend the grief is not there.

We can feel our grief while simultaneously engaging in the summer season that feels comforting and enjoyable to us.

Check out these 7 Tips for Living with Grief in Summer:  
[https://www.agrace.org/wp-content/uploads/2016/10/7\\_Tips\\_for\\_Living\\_with\\_Grief\\_in\\_Summer.pdf](https://www.agrace.org/wp-content/uploads/2016/10/7_Tips_for_Living_with_Grief_in_Summer.pdf)



### Focus on Well-being

It takes a lot of energy to grieve, which is why we encourage people to spend time on self care. What's Your Grief? did a summer challenge that helps people focus on their wellbeing using PERMA, a concept by Martin Seligman, the father of positive psychology:

- P--Positive Emotion
- E-Engagement
- R-Relationships
- M-Meaning
- A-Accomplishments



Join in here: <https://whatsyourgrief.com/summer-of-perma/>

Or find 50 ideas to get you going here:  
<https://whatsyourgrief.com/wp-content/uploads/2020/04/Summer-of-PERMA-final.jpg>