

# Ep #4: 5 Creative Rituals to Help with Grief, Loss, and Change



## Full Episode Transcript

With Your Host

**Sandy Linda**

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Do you have any personal rituals that help you cope with unexpected losses? I'm not referring to the usual mourning rituals like wearing black, sitting Shiva, and attending post-funeral wakes. Instead, I mean the repetitive actions that bring back memories of the deceased or the end of a relationship. Stay tuned for a long term solutions to grieve and maintain abnormal functioning.

Welcome to *Overcoming Grief*, a show for women experiencing profound grief and looking for support in healing and transforming their lives. If you are ready to heal after loss, create a new self-identity, take responsibility to do the hard things, and get massive results in your life, this show is for you. Now, here's your host, Master Grief and Life Coach, Sandy Linda.

You know, there are times when regular talk therapy just doesn't cut it. I mean, how do you even put into words a loss that's so profound, it feels beyond description. It's like our brain has its own secret spots where it keeps those really tough emotions and sometimes words just can't reach them. If you've been through a major shock, you get what I'm saying.

That's where creative rituals come in. They open up a whole new world beyond language. We're talking about methods that tap into your entire being, your thoughts, your feelings, and even your senses. Think arts, drama, dance, music, stuff that goes beyond just talking. These creative practices, they're solid, science backed techniques that use expressive arts to heal including rituals, storytelling, and visual. It's like unlocking a whole new path to healing.

So let me tell you why I wanted to bring up this topic. When I was going through bereavement, I felt like they just gave us the basics when it came to creating rituals after our loved ones passed away. They suggested things like making their favorite meal or dessert and enjoying it like they used to. It was a good idea. But honestly, my mom was the best cook. I wasn't really in the mood to try and recreate her dishes.

That's when I decided to reach out to other grief advocates and counselors who could give me more ideas for dealing with my loss. They came up with a whole list of different ways to help me cope and adjust my new reality without my parents' or sister's physical presence.

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If you're going through a tough time dealing with the loss of someone close to you and finding it hard to cope, this might be just what you need. In this show, I will discuss creative rituals to help you deal with grief, loss, and change. These rituals not only help you honor the memory of your loved ones, but also provide comfort and healing during this difficult time.

I'll be sharing some creative practices that have been backed by scientific research. By implementing these rituals, you can find comfort and move forward with your everyday life. So let's dive into some of these rituals and see how they can benefit you through this tough time.

Researchers define rituals as a symbolic activity that is performed before, during, or after a meaningful event in order to achieve some desired outcome. Establishing personal rituals after a loss is an effective coping mechanism. They provide order to the chaos of grief. It serves to help you acknowledge your loss at a precise time and place, allowing you to move forward with your everyday lives. By maintaining this connection, we honor their memory and keep them close to our hearts. In short, they provide a long term solution, enabling us to grieve and maintain normal functioning.

Now this is called improved coping. The reason rituals help us grieve is that engaging in them helps restore a sense of control in order when we otherwise feel utterly powerless. Part of the magic in grieving rituals is that they are deliberately controlled gestures that help counteract the turbulence and chaos that follow a loss. Now it may not reduce negative emotions, but it can increase positive emotions.

So before I share those steps, let me tell you a little story about how this relates to the episode. Now, when I was presented with a list of potential rituals, one particularly caught my attention. The suggestion was to travel to a place our loved ones enjoyed or had always wanted to visit. I was excited about it. But at the same time, I was hesitant to go back to a place that I used to go with my mom.

Me and my mom would go to different places. But mostly, we took road trips to New Jersey whenever there was a celebratory event, and we both go on our

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birthday or on Mother's Day. As someone who loves to travel, I greatly miss having my mom with me on those adventurous road trip. It has been eight years since her passing, and on her birthday, I celebrate her life privately in my home. I take this time to reflect on shared memories and write them down in my journal.

However, last year, I finally took the plunge and went on a road trip to New Jersey by myself to celebrate my mom's birthday. I was a little scared. But as soon as I walked into the hotel, it was a really cool experience. The casino and hotel entrance looks similar. However, the guest rooms had been remodeled, which was less impressive than I remember.

I had moments where I cried and moments where I laughed. But overall, it was a great trip. Even though it was a place that could remind me of some heartbreaking stuff, I made the best of it. The experience taught me to try new things and not be afraid to step out of my comfort zone.

See, I always talk about get comfortable with discomfort. Would I go back? Hell to the yeah. Her birthday was two weeks ago, and I return but stayed at a different hotel. It was a laid back atmosphere with both happy and sad moments, bringing back memories of her at this hotel.

I made sure to prioritize self-care during my break. I treated myself with spa meditation, meditated by the beach, and enjoyed pool activities. I also took time to reflect on the beautiful moments I shared with my mother free from any ulterior motives. She was a great buddy for road trips.

So have you ever had a grief ritual, and how it can help with healing? Basically, it's a way to transform your grief calmly. So what happened is that when it comes to this rituals, I've learned that when we experienced a loss and come to a place of chaos. When our reality knocked us apart by loss, we get a sudden disruption of our lifestyle. It takes a moment to realize what a process of transformation is going to take, and what's the actual rebuilding of a new self-identity is going to take, and it is a process.

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For what I've learned in this journey is that making a thoughtful decision about when and where to perform a ritual can give it a more meaning. Like a healing practice, such as a birthday or an anniversary, can help soothe feelings of sadness and bring back a sense of connection to a place.

Now I found comfort in revisiting a spot my mother and I often visit during my mourning period. Knowing this structure of rituals can aid in planning both spontaneous and planned events that lead to positive change. When planning a ritual, it's important to consider a first few things first. Ask yourself questions like what kind of change do I hope to achieve? Where will the event be held, and why? What needs to be done to prepare? Of course, how can you make sure everyone stays safe?

Now researchers Corina Sas and Alina Coleman says personal grief rituals are beneficial in dealing with complicated grief. They stated that there are three basic types of grief rituals. Number one is honoring. Number two is letting go, and three is self-transformation. Honoring past rituals associated with a loved one can stimulate positive emotions. Letting go is when someone loses a loved one. It can be tough to move forward due to a broken heart, or holding to anger and resentment of that person. You might need a little help getting closure and saying goodbye.

When dealing with loss, the goal is to allow newness to emerge through self-transformation. This process can be quite complicated as it involves acknowledging and releasing the past while holding on to hope for the future. Dealing with grief is tough, and all sorts of emotions can arise. But it's super important to have a safe and trustworthy space where you can let these feelings out.

One way to do this is through a creative grief ritual. It's all about giving yourself the care you need to heal. But hey, it's not for everyone. It may feel too intense, or go against your belief, or it's just not your cup of tea. Whatever you choose, remember to be kind to yourself and take all the time you need.

So are you ready to dive into some actionable ways to creatively navigate your grief? Ready? Let's go. When it comes to honoring a loved one, there's a world

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of unique possibilities that reflect your special connection. Let's talk about these five heartfelt rituals to help you through grief loss and change.

Number one, capture memories in your journal. Take a journey down a memory lane by jotting down your favorite stories and moments. Let the ink be a bridge between your heart and the memories you hold dear. Number two, embark on a journey of remembrance. Travel to a place that held significance for them, or even a destination they dreamed of. Let the experience become a way to reconnect and find comfort.

Number three, unwrap the gift of their impact. Imagine the gift your loved one would want to pass on to you. Whether it's courage, happiness, or love, focus on embodying that gift as you navigate your life. Number four, reflect on the positive change. Take a moment to look back and see how your life has been enriched because they were a part of it. Recognize the positive changes they brought into your world.

Number five light the way with candlelight. Ignite a candle and let it gently glow symbolize the comfort and guidance they provided. It's a beautiful way to keep their memory alive and let their light shine on. These rituals are more than just actions. They're powerful ways to keep the spirit of your loved ones alive in your heart.

Things can get pretty chaotic when you experience a loss or attempt to go into this ritual space. But the cool thing is if you're open to it, you can actually transform and reorganize your relationship with what you've lost. Once you come back to reality, you may notice some changes in your usual patterns. Pretty wild, huh?

It is moments of gathering and sharing that can help soothe the pain and anxiety related to grief. Honoring a loved one who has passed away requires personalized and meaningful tributes. So let's recap the five heartfelt rituals we've explored for navigating grief.

So number one, again, was journaling treasured memories. Pour your heart onto paper capturing cherish stories that keep the memories alive and honor the

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bond you shared. Number two, journey of the remembrance. Embark on a physical or a metaphorical journey to a place that holds meaning for your loved ones, finding comfort in that connection.

Number three is embodying the gift. Imagining the joyous gift your loved one would want to bestow upon you. Embrace it as a way to carry their essence forward. Number four is reflecting on enrichment. Take a moment to reflect on the positive changes they brought into your life, turning their impact into a beacon of inspiration. Number five is guide it by candlelight. Ignite a candle, letting its gentle glow symbolizes its ongoing presence as a source of comfort and guidance.

These rituals offer unique ways to celebrate your loved ones life, cherish their memory, and find comfort on healing. Please take on these actions and begin brainstorming ideas so that you honor, let go, and have a self-transformation experience.

That's what I have for you today. I hope you take on this particular journey on learning about loss, change, and grief, and taking it to another level of having those personal creative rituals that will allow you to create that bond that you have lost. So thank you so much for listening, and I'll catch you on the next one. Bye for now.

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Thanks for listening to today's episode of *Overcoming Grief*. If you're ready to move into a new, rewarding life experience, and want more information about how to work with Sandy, visit [www.sandy linda.com](http://www.sandy linda.com).