



Ways to Use Spring to Help with your Grief

By Chelsea Hansen

When we're grieving, sometimes all we want is a fresh start. You can't undo your loss, so the next best thing is to move forward. Spring is a time of "Rebirth." It's the perfect time of year to get a fresh start on anything. This spring, take advantage of the changing season to help you through your grieving process.

1. Make Time for Spring Cleaning

There's something about the beautiful weather and warmer temperatures that makes us want to clean in the springtime. Clean anything; a room, your car, a closet, your entire house, your mind. This is a great opportunity to organize or update your memories. Have a shoebox of photographs you've been meaning to display? Take time to put together a new memorial with the pictures. If you're feeling really ambitious, brighten up your house with new paint colors. Research shows that certain paint colors have an effect on our mood. Freshen up your living room with a sunny yellow accent wall or cover your bedroom walls with a cheery green color.

2. Plant Something

Spring is the perfect time to put your green thumb to the test. If you have room in your yard, plant a memorial garden in honor of your loved one. If planting an entire garden isn't feasible, start small with a single plant. The growth and beauty of the plants or flowers will give you inspiration each day to live life. Spending time outside will help you to clear your mind and be at peace with your thoughts.

3. Start Something New

There's always more going on during the spring and summer months. Find out what's happening in the community or think of a new hobby to try on your own. Pick your activity and make time for it at least once a week. Your new activity will give you something to look forward to and will help take your mind off of your loss, even if it's only for an hour a week.

The spring months can actually be hard on a grieving person. It's hard to watch everyone else moving forward with the changing season if you're not ready. But keep in mind, just because you're starting something new or changing things up doesn't mean you have to leave anything behind. Your loved one would want you to enjoy the relief from the cold and take advantage of the wonderful things that spring has to offer.