



Mother's Day Survival Tips

For anyone grieving the death of their mother

Mother's Day is often dreaded by the bereaved. It is a painful reminder of the absence of our mothers. It may seem like everyone around is celebrating with their mothers. People who did not have a relationship with their mother or whose mother died may feel isolated and lonely on Mother's Day.

It is important to remember that Mother's Day as it is celebrated in the United States was started by a bereaved daughter, Anna Jarvis. Anna cared for her ailing mother, who was an activist

advocating for better sanitation during the Civil War. Anna's mother championed the cause of women. Anna dedicated her own life after her mother died to establish Mother's Day to "honor mothers living and dead."

Instead of seeing Mother's Day as something to be endured, consider it an opportunity for us to channel our grief into remembering our mother's contribution as well as the contributions of all women.

There are many ways we can relieve our pain and make Mother's Day meaningful.

- Do something you both loved to do together.
- Nature heals. Go out in nature.
- Write a poem or letter to your mother.
- Send a balloon with a message to your mother.
- Write down all the lessons she taught you.
- Write down all the complements that she gave you.
- Go through pictures of her and organize into a scrap book.
- Tell someone about your mother.
- Create something with your mother's belongings (quilt out of old clothing, new jewelry out of old jewelry.)
- Wear something that belonged to your mother on Mother's Day.
- Plant a tree or flowers in remembrance of your mother.
- Spend the day with people who loved your mother as you do.
- Spend time with others whose mothers have died.
- Light a candle.
- Set a place at the table for your mother.

The Grief Counseling Center at Hospice of the Piedmont provides supportive individual and group counseling for anyone grieving the death of a loved one.

