



Mother's Day Survival Tips

For anyone grieving the death of their mother

Did you know that Mother's Day, as it is celebrated in the United States, was started by a bereaved daughter? Anna Jarvis's mother was a champion for women's causes and an activist advocating for public health issues during the Civil War. After her mother's death, Anna dedicated her time to establishing a day of service and remembrance to not only honor her mother's legacy but to celebrate all mothers.

For someone whose mother has died, Mother's

Day can be a painful reminder of her absence. Mother's Day may cause feelings of isolation and loneliness as others are celebrating and enjoying time with their mothers. An often happy and fun tradition has now become a difficult day.

Instead of seeing Mother's Day as something to be endured, consider it an opportunity to channel your grief into remembering your 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 compliments 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.

