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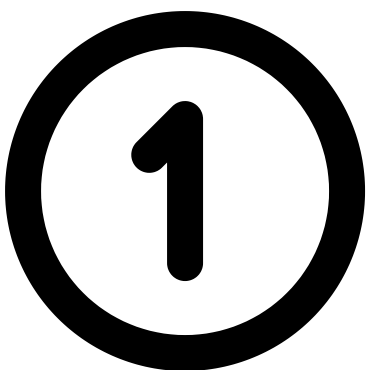
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Day of the Dead and All Saints Day

Important celebrations that help our families process grief

Learn to use cultural celebrations and rituals as opportunities to foster your family's mental health!



Share

Discuss the history and significance of these celebrations and rituals with your family.

Share childhood stories and meaningful memories of how these rituals have been comforting when processing grief and emotional hardships.

Explicitly name death as a natural part of our lives and not something be scared of.



Create

Participate in activities that allow your family to remember and honor deceased friends and loved ones. You may create an altar, pray or share memories or stories.

Create space for your children to ask questions freely. Take time to listen and dialogue with them at their pace, considering their developmental needs.



Accept

It can be helpful to accept that grief is not a linear process...the pain and emotions that come with it may fluctuate for a long time, often for years.

Your family will experience anniversaries, birthdates and other events that may bring up memories of the loved ones who have died.



Nourish

Personalize the experience!

- Observe your emotions when you find yourself missing your loved ones
- Create your own rituals, skills or soothing activities to help you process your emotions
- Talk to those who support you
- Seek professional help if your feelings or changes in behavior are severe, prolonged or are affecting your daily functioning



Support

Let's learn to support each other during episodes of intense emotions, which can often be related to grief.

Listen to your own feelings and perspective, observe your behavior, process and learn to regulate your own emotions so you can create a psychologically safe space for your loved ones when they need support.

How to use this activity with your children:

Work together to find a time, space and set an intention for this activity
Name the intention to spend time together, to allow feelings to be felt, to support each other
You may wish to play relaxing music that everyone can enjoy
Take a few deep breaths, relax your shoulders and allow your mind to fully observe the colors, sensations, thoughts and feelings that come up during the activity

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