



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Seasons of Grief • December 2020



DECEMBER THEME: SEASONS OF GRIEF

WEEK 2: DECEMBER 9 – 15

ACTIVITY: SEASON OF RITUALS

This week on our tenth episode of [A Breath of Fresh Air](#) with [#TAPSOudors](#), we are exploring the **Season of Rituals** in our grief by practicing and sharing both individual and collective rituals in our lives.

We know that grief is profound and it often leaves us unable to communicate or process the size and scope of our emotions. Rituals can help us in the expression and processing of our grief by allowing this act to transcend day to day interactions.

Ritual and ceremony can provide structure in our grief journey, shares Dr. Alan Wolfelt, an expert in the field of loss and an advisor and dear friend of TAPS. Rituals can help us build pathways in our grief, clear brush from our trails and provide the space for meaningful honoring and remembrance.

How to Get Started on the Weekly Activity:

1. **Explore Personal Rituals** through curiosity. What rituals in nature do you already practice? What new rituals would support your life and your grief journey? Morning meditations in the light of the sun? Evening walks along your favorite path?

2. **Plan Collective Rituals** safely during this time with your close friends and family. Can you walk a new or memorable trail together, and then build a cairn in honor of a loved one? Host a campfire to share memories? Make an ornament using things in nature?

When you're ready, remember you can share your experience with us by taking a photo or video and sharing it using [#TAPSOudors](#) or email us at expeditions@taps.org.

As we continue exploring the Seasons of Grief, we know there are many seasons we experiences in our grief, and winter can bring a multitude of challenges from [navigating the holidays](#) without our loved ones to the [impacts of colder weather](#). We want you to know you aren't alone, no matter your season.

At TAPS we have resources to support you in every season of your grief with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **1(800)959-8277**.

Readings and Resources on Rituals in Grief

We invite you to explore ritual through these resources:

- Readings from Dr. Alan Wolfelt, the founder and director of the Center for Loss and Life Transition and a member of the TAPS Advisory Board:
 - [Prepare Yourself for the Holidays](#) by Bonnie Carroll and Alan Wolfelt
 - [Healing Your Holiday Grief](#) by Alan Wolfelt
 - [Three Ceremonies to Heal Your Grieving Heart](#) by Alan Wolfelt
 - [Why Rituals Help us Mourn...and Heal](#) by Alan Wolfelt
 - [The Mourners Bill of Rights](#) by Alan Wolfelt
 - [Thoughts on Leaning on Ceremony after a Death During the Pandemic](#) by Alan Wolfelt
 - [Grief Day to Day: Simple, Everyday Practices to Help Yourself Survive...and Thrive](#) by Alan Wolfelt
 - [A List of Ideas to Heal Your Holiday Grief](#) by Alan Wolfelt
- Readings from fellow TAPS survivors:
 - [Finding New Perspective on Holiday Traditions When You're Grieving](#) by Kim Ruocco
 - Lessons Learned from [Grandma's Garden of Life](#) by Rachel Hunsell
 - [The Holidays are Here Again](#) by Jill LaMorie
 - [Saturday Morning Message: Helpful Books on Grief](#) by Carol Lane and fellow survivors
- Learn from the research:
 - [In Grief, Try Personal Rituals: The psychology of rituals in overcoming loss, restoring broken order](#)
 - Register for this TAPS Institute for Hope & Healing Webinar: [Healing Trauma and Finding Hope in the Outdoors](#)
 - [The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief](#) by Francis Weller
 - [Active Remembering](#) by Allison Gilbert

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