

# ANNIVERSARY DAYS

Some dates carry  
more weight. You do  
not have to face them  
alone.



## When Meaningful Dates Feel Especially Heavy

Memory • Tenderness • Support • Hope

Birthdays, death anniversaries, holidays, and other meaningful dates can bring grief close again. Even years later, your heart may remember before the calendar tells you why. There is no right way to move through an anniversary day - only your way.

It is okay if this day feels different.

Love often remembers the dates that matter.

### 1 WHY DATES CAN FEEL HEAVY

- Your heart may remember before you do.
- Anticipation can begin days or weeks ahead.
- Grief can return in waves or quiet moments.
- There is nothing wrong with needing extra care.

### 2 DATES THAT MAY MATTER

- Birthdays and death anniversaries.
- Holidays, graduations, and family traditions.
- The date of a diagnosis or last conversation.
- Any ordinary day that became unforgettable.

### 3 MAKING A GENTLE PLAN

- Decide what you want the day to hold.
- Leave room to change your mind.
- Keep your schedule light, if possible.
- Choose one comforting thing in advance.

### 4 WAYS TO REMEMBER

- Light a candle or visit a meaningful place.
- Play music, cook a favorite meal, or write.
- Share a memory or say their name.
- Create a ritual that feels true to you.

### 5 WHEN YOU NEED WORDS

- "This is an important day for me."
- "I may need a little extra kindness."
- "Would you remember with me?"
- "I do not have to explain my feelings."

### 6 SUPPORT & CONNECTION

- Tell one safe person what the date means.
- Ask someone to check in with you.
- Join a support group or reach out for care.
- You do not have to carry the day alone.

### 7 CARING FOR YOURSELF

- Rest, eat, hydrate, and step outside.
- Say no to anything that feels too much.
- Let tears, quiet, or laughter be welcome.
- Take the day one moment at a time.

### 8 HOPE FOR TOMORROW

- An anniversary day does not erase your progress.
- Love can make dates tender and meaningful.
- You may carry memory and hope together.
- You are allowed to find your own way.



## MOURNING DISCOVERIES

Compassionate Grief Support, Education & Guidance  
Love remembers the dates that matter.

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