

# **Bereaved Families of Cape Breton**

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## **Creative Ways of Expressing Grief**

There are no limits to the imagination in finding creative ways or endeavors for expressing grief. Creativity can be expressed by using a variety of media e.g. molding clay, photography, fabric, collage. Several methods of expressing grief have already been mentioned-song, writing, poetry, statues, ceremonies, memorials, and advocacy. The following list is a sampling of suggestions for unique ways of expressing grief.

### Writing

- Write in a journal or diary
- Write a letter to the lost loved one
- Write the lost loved one's story
- Write a poem
- Write lyrics or music
- Write a memorial for the local paper

### Drawing

- Painting
- Cartooning
- Sketching
- Doodling

### Performance Art

- Write a play or an improvisational acting piece
- Choreograph a dance
- Film a video or a movie
- Tape recollections of favorite stories, old memories, or a conversation one might have with the lost loved one
- Compose music to sing or play
- Play an instrument-alone, with others

### Creating Larger Projects

- Create a collage or decoupage to express grief using newspapers, magazine, painting, markers, photography, painting etc.
- Take photographs to illustrate grief, or encourage hope
- Make an album, a book of the lost loved one's life - using photographs, recording family memories, photos, schoolwork, drawings, letters, mementos and favorite sayings.
- Collect mementos, photos, drawings, letters and other memorabilia and to display in a wall cabinet or glass-topped coffee table
- Paint emotions on paper- with whatever paints or colors and whatever technique feels right.
- Create a Memorial e.g. AIDS Quilt, Mural, Sculpture
- Mold or construct masks with different media to illustrate grief

- Express emotions using molding clay or in sculpting
- Sew a memory quilt or make a teddy bear using clothes from the one lost
- Build an Ofrenda or Altar
- Decorate a Memory Box and fill it with mementos that remind you of the lost loved one
- Sew, knit, crochet, quilt, embroider a quilt, wall-hanging, or teddy bear.
- Build a memorial bench
- Make special anniversary cards, candles, bookmarks, picture frames to remember the lost loved one

Grief can be expressed in many different and healing ways. Finding a voice for the deep emotions through art can aid in the healing process. Let your imagination loose. Be creative in finding unique ways of remembering the one lost, sharing treasured memories, expressing your heart and healing the grief.

From:

<http://www.support4change.com/stages/transformation/grieving/coping-grief.html>