Mother’s Day Grief

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For children and families impacted by grief or addiction, Mother's Day can be one of the hardest days of the year. For many of us, it's a reminder that another year has passed and we may feel a deepened sense of isolation. It can seem like everyone else is celebrating the presence of a mother in their life.

For everyone grieving their mother, grandmother, aunt, step-mother, foster mother, friend, or mother figure, it's an important day to acknowledge how it feels. So, in order to help, we have provided some ideas and strategies to approach Mother's Day whether it's taking the day to honor your mother or taking the day off from everything.

Whatever you decide to do on this day, please remember that you are not alone. Consider the peer support experience of Camp Erin or reach out for a personalized set of resources from Eluna. If you are looking for ways to support people in your circle that may struggle with this day, reach out and ask how they are feeling.
Mother's Day Ideas:

**Build a Memory Jar:** We have been sharing this activity for many years and have witnessed the supportive power of creating a special place for memories. We recommend jars like this filled with a little string of lights placed in a special place (see photo above) with a pad of paper so that anyone can contribute to the jar and anyone can visit the jar when they are moved to visit their loved one.

At Eluna we believe in the transformative power of peer support. To connect with other grievers consider joining The Dinner Party. They know what it's like to lose someone and aren't afraid to talk about it. Here is another great list of ideas for Mother's Day from What's Your Grief.

**Light a Virtual Candle:** Our friends at Experience Camps have created a page where you can light a virtual candle in tribute to anyone you are grieving. This is a nice idea to honor your mother on this special day. It's a powerful way to find communal mourning.

Read: We are big fans of Hope Edleman because she brings her accessible tone and innovation to the conversation around grief. In Motherless Daughters she talks to real women who are grieving their mothers. In her 2020 book The Aftergrief, she works to redefine commonly held ideas about the process and stages of grief. More book recommendations can be found here.

**Body Map:** Where does grief show up in your body? Just like you would follow a treasure map to find a treasure, you can make a map of where you feel your grief in your body. This map helps you and other people see where you are hurting and give extra love and attention to these areas.

**Tribute Ideas:**

- Watch your mother's favorite movie or listen to her favorite album.
- If you have a legacy book, revisit the things that your mother wanted you to know about her life. If you don't have this kind of book, make a list of questions you would want to know about her. Reach out to someone in her life who may want to explore these questions with you.
- Cook your mother's favorite meal (or have it delivered!)
- What was your mother's favorite color? Find a marker or crayon and create a drawing, doodle or piece of art focused on that color.