



The Rizzi Difference
RIZZI MENTAL HEALTH ASSOCIATES
RIZZI GERIATRIC ASSOCIATES

Newsletter

February 2024

Coping with Grief on Valentine's Day

Loss of a Loved One



Valentine's Day may be a hard time for those coping with grief. It's important to find healthy ways to celebrate or perhaps ignore the day.

Everywhere you look there are hearts and flowers. Television and radio ads are urging you to do something special for your true love. Valentine's Day is a time where people celebrate their love for each other, but for those who are grieving for their partner, both the day and the time leading up to February 14th can be exceptionally difficult. Rizzi Mental Health Associates would like to offer you some suggestions to make Valentine's Day a bit easier this year.

Love has no age,
no limit,
and no death.

– John Galsworthy

Valentine's Day Grief Relief

Acknowledge your feelings: It's okay to feel sad, angry, or lonely on Valentine's Day. Don't try to suppress your emotions. Instead, allow yourself to feel them and express them in a way that feels comfortable to you.

Do something special: Consider doing something special to honor your spouse's memory. You could write a love letter to your spouse, create a photo album of your favorite memories together, or plan a special dinner in their honor.

Connect with others: Reach out to friends and family members who have also lost a loved one. You could share stories and memories of your spouses together, or simply spend time together.

Take care of yourself: Grief can take a physical toll on your body. Make sure you're taking care of yourself by eating well, getting enough sleep, and exercising regularly.

Ignore the pressure: Don't feel pressured to celebrate Valentine's Day if you don't feel up to it. You can choose to ignore the holiday altogether if that's what feels right for you.

Not everyone will feel the same way, and the day will bring up different feelings for different people. You may even experience a range of emotions. Remember, there's no right or wrong way to grieve. Take things one day at a time and be kind to yourself.

If you're struggling to cope with grief, consider reaching out to the Rizzi Mental Health Associates for additional support.

We are here for you.



The Rizzi Difference
RIZZI MENTAL HEALTH ASSOCIATES
RIZZI GERIATRIC ASSOCIATES

We are honored to care for you!

www.TheRizziDifference.com