Grieving On Valentine's Day

For anyone mourning the death of a partner, Valentine's Day can feel particularly cruel because it emphasises togetherness, love, and romance.

Being prepared can help, but whatever you decide, remember there is no right and wrong, or time limit for coping with grief. Here are some tips that may help, but do what feels right for you and your situation.

Have a plan

You don't want to be caught out on the day. It might help to schedule some time with your friends and family or arrange to participate in an activity to occupy your mind. Visit the cemetery, grab some alone time, light a memorial candle, do something selfless, reminisce, cry, laugh – go wherever the mood takes you.

Give yourself permission to experience your grief

Acknowledge that this Valentine's Day will not be the same without your significant other. Do not suppress your feelings – whether they are of sadness, longing, or joy for having been a part of that relationship. It's all a part of grieving.

Remember the person

For some people, it's important and comforting to remember that special person on Valentine's Day. Death doesn't mean an end to the love you shared, it simply changes the way you can express it.

Share your romance with your children

If you and your significant other had children, tell them stories about the romantic side of their parent who has died. Share old photos – many will be interested and you can reminisce together.

Seek support

Having the support of loved ones who understand how you're feeling can be very helpful. You can tell your friends or family that you don't want to be alone that day. You can also call the Cruse National Helpline if you need someone else to talk to.

Practice self-care

Make sure to get enough sleep, eat well and exercise.
The key is to take good care of yourself and do what helps you cope.

Cruse Bereavement Care
Somewhere to turn when someone dies

Visit: **www.cruse.org.uk/telephone-support**
National Helpline number: **0808 808 1677**