

REMEMBERING MUM ON ANNIVERSARIES

Anniversaries can be particularly challenging for motherless daughters. These days can be filled with grief, leaving you unsure about how to cope. Sometimes, your body might react before your mind fully comprehends what's happening. Grief and anniversaries can catch you off guard, but it's essential to remember that you're not alone in your feelings.

TO HELP YOU COPE WITH THE APPROACHING ANNIVERSARY OF YOUR MUM'S PASSING, WE REACHED OUT TO OUR COMMUNITY FOR THEIR INSIGHTS ON HOW THEY HONOUR THEIR MUMS AND NAVIGATE THIS CHALLENGING DAY. OFTEN, THE ANTICIPATION LEADING UP TO THE ANNIVERSARY CAN BE MORE OVERWHELMING THAN THE DAY ITSELF. DON'T BE SURPRISED IF YOU FIND YOURSELF FALLING APART AS THE DATE APPROACHES BUT FEELING SOMEWHAT BETTER ON THE ACTUAL DAY.

- Lighting a candle in memory of your mum can be a beautiful way to honor her and create a sense of connection.
- Surround yourself with individuals who make you feel good and can respond to your feelings with sensitivity, empathy, and understanding.
- Consider treating yourself in a special way, such as buying something you've been wanting, going on a trip, or indulging in simple pleasures like movies, chocolate, or a favorite meal.
- Purchase your mum's favourite flowers or ones that you love to brighten your space.
- Don't feel pressured to see anyone if you prefer solitude. Take the time you need to grieve and remember.
- Cook your mum's favorite meal or one that brings back cherished memories of her.
- Listen to music that resonates with your emotions and helps you connect with your mum's memory.
- Allow yourself to cry! Grief is a natural response, and it's okay to cry and express your emotions.
- Engage in activities your mum loved, turning them into a meaningful tradition to honour her memory.
- Invite people who were close to your mum to share stories and memories, fostering a sense of connection.
- Raise a toast to your mum, celebrating her life and the impact she had on you.
- Visit a place that holds significance for you and your mum, where you can reflect and connect with her memory.
- Understand that grief is like a wave—it will come regardless of your readiness, but its intensity will pass. Be patient with yourself.
- Be kind to yourself throughout the day and acknowledge that it's okay to feel the way you do. Consider taking the day off from work or other responsibilities to focus on self-care.

Remember that the Motherless Daughters Australia Facebook Support Group is an invaluable resource for connecting with women who have experienced mother loss and understand the complex emotions you may be going through. You're not alone, and there is support available to help you navigate this challenging time.