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with Dr. Jason Troyer



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Healing by Symbolic Ritual

I believe any action that we do that has meaning behind it is a ritual. It can be small or larger, public or private, religious or non-religious. Symbolic Rituals allow us to put our feelings and thoughts into action.

A Few Examples of Symbolic Ritual

- Looking at pictures
- Talking to your loved one
- Visiting a special place or place of final rest
- Playing or singing specific songs
- Taking care of plants or pets that your loved one appreciated
- Prayer or meditation
- Fixing and eating favorite foods and drinks
- Carrying special items
- Organizing a fundraiser or memorial event
- Contributing to a cause they cared about

Symbolic rituals are any actions that help you feel connected to your loved one or help you process your grief. They are almost always normal and healthy. Your rituals may not mean a lot to others, but it only matters if it is something that helps you in some way. **Make time for you to practice whatever rituals are important to you.**