



# HOLDING LOVE AND LOSS

## 5 GENTLE RITUALS TO HONOUR GRIEF AT CHRISTMAS



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MINDFUL PATH COUNSELLING

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## Holding Love and Loss: 5 Gentle Rituals to Honour Grief at Christmas

Some moments in December can take you by surprise.

A song, a scent, a favourite chair - suddenly, the world feels like it's all still there, just not the same anymore

If you're grieving this Christmas, you don't need to push those feelings aside. Grief doesn't mean you've stopped living - it means you've loved deeply. And love still has somewhere to go.

This short guide offers **five simple rituals** to help you stay connected to what matters, even when the season feels hard. You don't need to do them all - just notice which ones feel right for you.

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### **1. Light a candle, name a memory**

Grief is love with nowhere to go.

Lighting a candle gives that love a shape again - a small flame that says, *you mattered, and you still do.*

You might say their name quietly, or think of a moment you shared. Some people find it comforting to place a photo nearby or whisper a few words of gratitude.

It's a quiet way of bringing their presence back into the moment.

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### **2. Write a letter to the one you miss**

When there's so much left unsaid, writing can help bridge the silence.

You could share what you wish they knew, what's changed, or how life feels now.

There's no right tone - it can be tender, angry, funny, or ordinary. The act of putting it on paper brings a kind of release. You can keep it, burn it, or tuck it somewhere special.



The point isn't to send it - it's to let your love have somewhere to go

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### **3. Keep one tradition, and gently release another**

It's okay if you don't want everything to be the same this year.

Maybe you'll still make their favourite pudding, but skip the film that feels too hard to watch.

Maybe you'll spend Christmas Eve somewhere new, or invite a different friend to dinner.

Allowing yourself to change doesn't mean you're forgetting - it means you're honouring what *feels possible now*.

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### **4. Share one story out loud**

Speaking their name keeps love alive in community.

You might tell a short story - the thing they always said, the way they laughed, something that still makes you smile.

Telling the story isn't about sadness; it's about belonging. It's how we remember that love doesn't vanish - it just moves through us differently.

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### **5. End the day with stillness**

Before bed, take a few quiet minutes to breathe, stretch, or simply sit with what's there.

Notice your body. Notice what hurts, and what feels calm.

Grief can soften a little when you stop trying to manage it.

This small act of stillness isn't about feeling better - it's about being gentle with yourself as you are.



## **Closing Reflection**

You can't fill the space someone leaves behind - and you don't have to try.

But you can let love reshape that space.

Each candle, letter, story, or quiet moment becomes a thread between the life you had and the life you're still living.

Even in loss, there's connection.

Even in pain, there's love.

