

Self Care Newsletter

HORIZON GRIEF RESOURCE CENTER



GOODBYE
2020

The Hush

Author Beth Kempton calls the week between Christmas and New Year's, The Hush.

This week can feel as if the world has slowed down (even more so than the rest of this bizarre year) and a quiet settles in as we become more reflective and contemplative.

It can be an emotionally challenging week in grief. If you lost your loved one in 2020, the thought of moving into a new year without them can be heartbreaking.

No matter when your loved one died, the new year can be a time when the realization that our loved ones are not coming back sinks in on a new, incredibly painful level. We face the challenge of moving forward in our lives without them.

There is a lot to process about what we all experienced in 2020. I hope you will take some time to reflect and honor all that you have endured in this unprecedented year. And contemplate what you want or are hoping for in 2021.

Four Ways to Honor the Hush

Journal your thoughts:

Take some time to reflect or journal about these questions by Courtney Carver:

<https://bemorewithless.com/weekend-favorites-december-19/>

Reflect on what you learned in 2020:

Need a jumping off point? Take a look at this article about *10 Surprising Things We Learned About Ourselves this Year* and see how many you relate to.

<https://thriveglobal.com/stories/surprising-self-lessons-from-2020-pandemic-new-year-reflections/>



Art Journal:

Take some time to create art journaling pages about your experiences in 2020. Need some prompts to get you started? Check out the free December art journaling tutorials at Let's Make Art (use whatever supplies you have at home):

<https://www.letsmakeart.com/pages/2020-art-journal-catalog>

My favorite was the year in numbers tutorial. Thinking about things like "how many days I was quarantined, how many days a toilet paper roll lasts in my house, and how many Zoom meetings I was on" are details which will always stick out about 2020.

Create a Ritual:

Try out one of these rituals from around the world:

<https://www.oprahmag.com/life/g29739527/new-years-eve-traditions/>

