

# Twelve Months of Healing

January	A new year brings new healing moments to those who have lost a loved one. This is a good time to start a gratitude journal. Writing down the smallest blessings helps ease the ache of loss. "Today, I am thankful for _____."
February	Prayer can warm the heart this winter. Set aside a special time when you can talk to God and feel his love around you. "I need your help, God, because _____."
March	Connection heals. Reach out to friends or family members. Talking over a cup of coffee, going out for lunch, meeting for a walk or just spending time together can lift your spirit and bless others as well. "My plan for connecting with people begins with _____."
April	Look for a book about healing after loss. Find something that speaks to you. "I can relate to what this book said about _____."
May	You are very special. Remember how much God cares for you by taking care of yourself. What do you need right now? A nap? A good dinner? More exercise? Treat your body kindly. Grieving is difficult work. "I will care for myself by _____."
June	If you plan a vacation this summer, try to make it a restful one. Beach, mountains, near a lake or river can help in your healing. Slow down and really make this year's trip a calming and restorative experience. "The things that will help me on my vacation are _____."
July	Add a new goal to your journal. What steps can help you reach it? Pray for God's guidance as you move toward accomplishing this goal. "My goal is _____, and I can reach it by taking these small steps: _____."
August	Getting ready for back to school or work is often hectic. After significant loss, it can be overwhelming. Use lists and a calendar. "Today, I will choose these three things get done: _____."
September	Take a walk in the woods or other nearby nature area. Can you add a weekly walk with a friend or family member to your schedule? Nature often brings us close to God, and the regular exercise is beneficial for both mind and body. "When I walked today, I felt _____."
October	Help someone else this month. Do it in honor of the one you lost and see how many blessings come back to you. "When I help someone else, I _____."
November	Take time now to read back over your gratitude journal and to notice how you've changed as you rebuild your life after loss. "My perspective has _____."
December	Though the holidays can be difficult without the one you love, remember you don't have to celebrate the same way you did in the past. Choose the activities and traditions that you might enjoy and plan lots of rest times in your schedule. God is still God, and He is with you. "It's painful to hear the Christmas music everywhere and see the decorations, but I _____."