

Dealing with the Loss of a Loved One on the Anniversary of 9/11

If you lost a loved one on 9/11, this anniversary may be especially difficult. It will be natural that your family and friends may focus on you and your needs as they feel a desire to help. If you find comfort in the company of friends and family, then welcome your loved ones' support.

On the other hand, you may choose to spend the anniversary quietly reflecting on the times spent with your loved one. Grieving is a personal process and you can deal with the 10th anniversary of 9/11 in any way you choose. You are the only person who knows what is best for you.

Following are suggestions that may make this time a little easier to handle, now and in the future.

- **Be honest about your feelings and how you want to spend the day.** Decide what feels most comfortable for you and which activities you can handle. Family and friends may want to gather in an effort to honor and remember the loss of your loved one. Coordinating and planning this activity may be overwhelming for you. If so, seek support and help, or ask someone to do the planning for you.
- **Consider helping others.** You may find that volunteering is a good outlet for dealing with your grief. Consider supporting your local firefighter association or making a blood donation to the American Red Cross. Assisting a charity or making a donation in your loved one's name are good ways to mark the day.
- **Remember your loved one in a special way.** Lighting a candle to symbolize your loved one's spirit can be a touching memorial. Listening to your loved one's favorite songs or watching his or her favorite movies can also be a good way to incorporate a personal touch on this day. If it offers you comfort, reminisce with friends and family. Look at photo albums and scrapbooks together. Seeing how your loved one touched others can be a rewarding experience at this time.
- **Do your best to be positive.** Feel good about the things that are going well in your life, such as your health, friends and family. Give yourself permission to experience joy and happiness again. By going on with your life, you are not forgetting your loved one or ignoring your loss. It's important to accept the change and growth that comes from this experience. Value your increased awareness of how precious life really is.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com/member. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.