

# REMEMBERING YOUR MOTHER

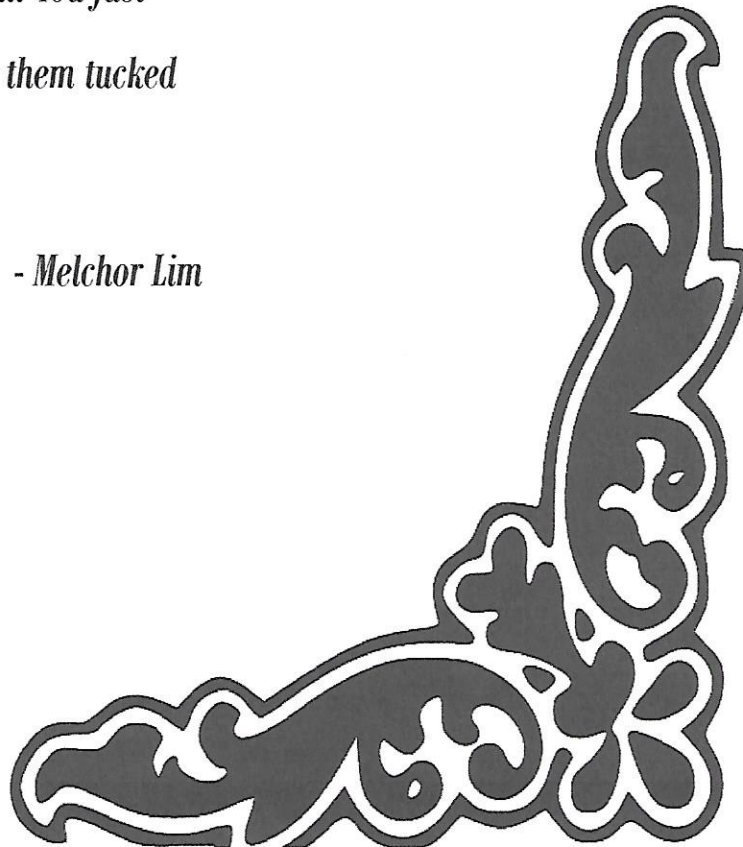
---

***Losing your Mother can be one of the most difficult times in your life.***

*It is important to take care of yourself during this difficult time. Grieving is a process that has only just begun. No one can tell you how to grieve, the process is unique to every person. Some days you may not cry at all. Other days you may feel as though you can't go on without your mother.*

*“When someone you love dies you never quite get over it ... You just learn to slowly go on without them....But always keeping them tucked safely within your heart. “*

*- Melchor Lim*



## Find a creative outlet

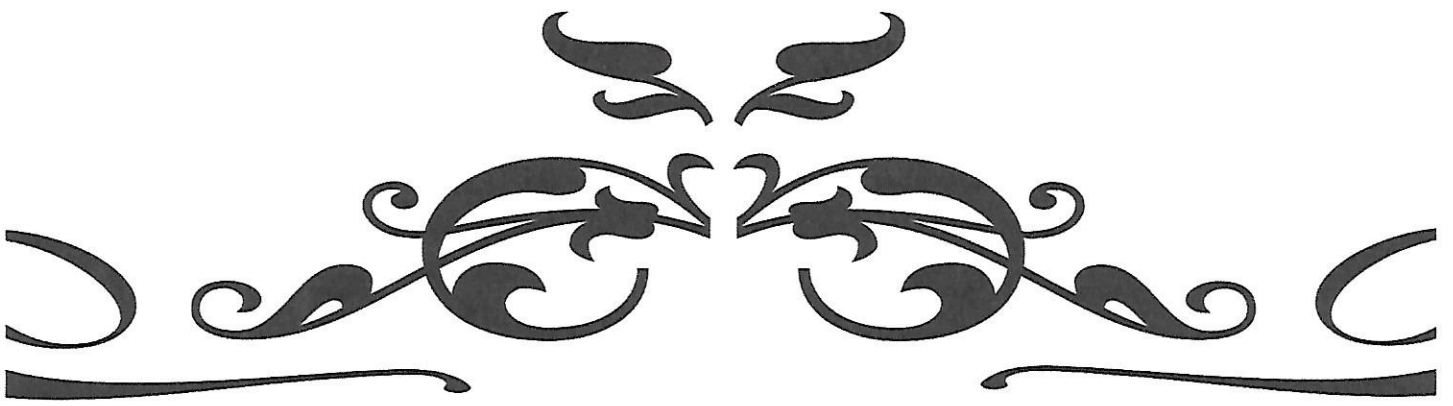
Most likely you feel like your emotions are bottled up inside of you. It can be difficult to express how you are feeling with others. Find some kind of activity where you can truly express yourself. It can be journaling, painting, listening to music, dancing, or even baking. What did you and your mother enjoy doing together?

If you like jot some things and activities you both enjoyed together below.

*"Do not think that love  
in order to be genuine  
has to be extraordinary.  
What we need is love  
without getting tired.  
Be faithful in small  
things for it is in them  
that your strength lies."*

*-Mother Teresa*





## **Is there something you wish you'd told your Mother?**

Is there something you wanted to tell her before she died, but didn't get a chance to tell her? Take some time to process your thoughts and write them out below.



## **It's okay to live your life.**

*As time passes you will feel more able to do things that used to make you sad because they reminded you of your Mom. You may feel like you shouldn't be able to do them, that you are betraying her memory. This is a thought many think, but this thought couldn't be farther from the truth.*

*Your Mother would want you to be happy and live your life. After all she isn't gone, she just resides in a different place now...your heart.*