

## SAYING GOODBYE TO LOVED ONES WHEN IT IS DIFFICULT

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It is very difficult to say goodbye if a loved one has passed away. It is even more difficult and challenging if it was impossible to be present in the final days or attend services and burial ceremonies. When people die suddenly for example due to a natural disaster, their loved ones may not be able to be with them in their final moments to say goodbye and express their love and respect.

In such circumstances, those left behind may feel intense sadness, pain, remorse, and guilt or may even lose the ability to go about their daily lives. In cases where it is not possible to be near the body of a loved one, there are some things to do to say goodbye in a humane and respectful way.

These four actions can ease the agonizing grief of the loss and honor the memory of those who have lost their lives.

### EXPRESS APPRECIATION AND GRATITUDE

Express your gratitude and offer thanks by thanking the loved ones who have passed away for being an important part of your life. Say thank you for everything they did for you and for making you feel worthy and loved.

### EXPRESS APOLOGIES AND REGRETS

Should there have been any challenges, regret, guilt or unresolved grievances between you and the loved one, express the difficult feelings and ask for forgiveness.

### EXPRESS LOVE AND AFFECTION

Express your love, care, prayers and well wishes for the deceased.

### SAY FAREWELL

Say the last words of farewell to your loved one. Express the importance of their role in your life and the memories you have built together. You may reassure them that those remaining in this world will take good care of themselves. Let them know that they can now pass peacefully without any worries and regrets.

In addition to the usual rituals, the actions below can also help you during mourning:

- Write a letter of goodbye to the loved one expressing all you wanted to say.
- Send final messages to the loved one on Facebook or SoMe pages expressing love, appreciation, and goodbyes.
- Hold a ceremony at a place that held a special meaning to the deceased to remember their life.

