



The anniversaries of a loved one's death can be traumatic for friends and family. It might cause deep pain, but it can also be a day for remembering and honouring them. You can opt to collect funds for the deceased's favourite charity, give a newborn a family name, or construct a garden in their honour. It is entirely up to you what you select, as long as it allows you to respect that special bond in a way that feels right to you.

Remember that grieving is natural; it is part of what it is to be human and to experience emotions. Grief has no short cuts; it takes time, often much more time than you and many others expect. It is natural to both mourn and live. Finally, it is important not to set unrealistic expectations for oneself and to recognise when to seek assistance. Grief is a huge event in anyone's life, and there are no easy fixes.