

## **Remembering Dad: Coping with Grief on Father's Day**

Father's Day is often a time for celebrating dads with cards, gifts, and family gatherings. But for those who have lost their father this day can feel heavy, complicated, and painful.

At Maxcare Hospice, we know that special days like Father's Day can stir up deep emotions. Grief may feel stronger, even years after a loss. Here are some gentle ways to handle and understand grief on this day.

### **Acknowledge That Grief May Feel Stronger**

Grief can resurface on anniversaries, birthdays, and holidays. Father's Day can trigger both happy memories and deep sorrow. Remember:

- It is **normal** to feel a wave of emotions: sadness, anger, guilt, or even relief.
- You may notice your grief more intensely this weekend than on an ordinary day.
- There is no “right” way to grieve; each person’s journey is unique.

### **Give Yourself Permission to Feel**

On Father's Day, it's okay if you:

- Cry, laugh, or do both.
- Feel like celebrating memories, or prefer to spend the day quietly.
- Skip traditions this year, or create new ones that feel healing.

Allow yourself the freedom to feel whatever arises. Suppressing emotions often makes grief harder to bear.

### **Honor Your Father (or Child) in a Meaningful Way**

Creating a ritual can bring comfort and a sense of connection. Some ideas include:

- Light a candle in their memory.
- Cook their favorite meal and share stories at the table.

- Visit their resting place and bring flowers.
- Write them a letter, expressing gratitude or sharing updates about your life.

These acts can transform Father's Day into a time of remembrance and love, even amid loss.

### **Lean on Support**

Grief can feel isolating, but you don't have to walk through it alone. Consider:

- Reaching out to siblings, family, or friends who also miss your loved one.
- Attending a church service or lighting a candle in a faith community.
- Joining a grief support group supported by Maxcare Hospice where others understand your feelings.

Even one meaningful conversation can ease the weight of the day.

### **Be Gentle with Yourself**

Above all, practice self-compassion. Grief takes energy, and Father's Day may feel draining. Simple steps can help:

- Rest when you need to.
- Spend time in nature, go for a walk, or sit quietly in prayer.
- Limit social media if posts feel overwhelming.

It's okay to protect your heart.

### **Final Thoughts**

Father's Day may never feel the same after a loss, but it can still be a day to honor love, connection, and memory. Whether you spend it in quiet reflection, in prayer, or with family, know that your grief is valid, and your love endures.

At Maxcare Hospice, we hold space for you and your family this Father's Day, honoring both the sorrow and the beautiful memories that remain.