

How to Plan a Winter Funeral for Your Loved One

As winter makes way for spring, it can awaken a mix of emotions for those who are grieving.

While longer, warmer days and blossoming flowers may provide glimmers of hope and happiness, they can also serve as tender reminders of loved ones who are no longer with us.

This gentle guide is here to support you through the feelings of loss that can surface as spring arrives, offering small, practical ways to nurture yourself and find moments of comfort in the months ahead.

Spend time in nature

- Taking in the fresh air and spending a few minutes of slow, mindful breathing outdoors can help you feel centred, grounded and more present in the moment.
- Notice the small signs of spring – watching flowers come into bloom, trees bud and wildlife returning can offer reassuring reminders of renewal and the cycles of life.
- Make sure you go at your own pace, whether it's a stroll, a stretch in the sun or sitting in a garden or park, being outdoors in nature can feel soothing and uplifting.
- Allow space for reflection – being outside can create a safe, peaceful environment to remember loved ones, journal your feelings, or simply think about how you feel.

Plant flowers that brighten your day

- Visit a garden centre to choose spring flowers or a plant pot – take in nature's beautiful masterpieces and treat yourself to a soothing cuppa or tasty pastry in the café.
- Choose flowers or plants that remind you of your loved one or that simply bring you a little joy.
- Scatter seeds in a sunny window box and watch them grow – seeing life emerge can offer a gentle reminder that growth, hope and new beginnings are still possible, even after loss.
- Use petals to make keepsakes in memory of your loved one, such as pressed flower frames, allowing their memory to live on in a personal and comforting way.

Take a healing walk in the woods

- Spending time among the trees can help ease stress, calm anxious thoughts and bring a comforting sense of peace.
- Reconnect with your senses – take in the scents, sights and sounds of birds, and the soft touch of moss and fallen leaves under your feet, as this can help you feel gently grounded.

- Watching spring's new growth can offer reassurance that life continues and healing is possible.
- Take a stroll with a loved one – whether you're talking, reminiscing or simply sharing the experience, it can help you feel supported, connected and provide a quiet sense of togetherness.

Take a little time for spring cleaning

- Grief can feel overwhelming and unpredictable, and gently tidying your home can offer a small sense of control and comfort.
- Clear clutter to create a calmer environment that will support your emotional wellbeing.
- Engage in light physical activity like dusting, decluttering and rearranging – it can help release tension and stress.
- Bag up some items for charity – letting go of things you no longer need can feel freeing and create a sense of order in your home, while supporting others in your community.

As spring unfolds, remember that grief doesn't follow a set path or timetable. The longer days, blossoming flowers and return of warmer weather may stir both sadness and hope. By taking slow, gentle steps to care for yourself and reaching out for support, you can create moments of comfort, reflection and connection while gradually opening your heart to the possibilities each new season can bring.

If you need support, we can help put you in touch with the bereavement charity [**AtaLoss.org**](https://ataloss.org).

Call our 24-hour Careline on **0800 0744 362** or visit: [**www.eastofengland.coop/funerals/our-services/bereavement-support**](https://www.eastofengland.coop/funerals/our-services/bereavement-support)