



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Seasons of Grief • December 2020



DECEMBER THEME: SEASONS OF GRIEF

WEEK 3: DECEMBER 16 – 22

ACTIVITY: SEASON OF PEACE

This week on the eleventh episode of [A Breath of Fresh Air](#) with [#TAPSOudors](#), we are exploring the **Season of Peace** in our grief by taking moments to pause, reflect and connect.

“Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself.” — Herman Hesse, Poet and Novelist

We know that grief, especially during the holiday season, can move in and out of seasons from week to week, day to day, moment to moment.

As we begin to explore the season of peace, we want to acknowledge that peace may mean many things to you. It may be something you've not had in many seasons, something you yearn for. You may have found it and want to share it with others. Know that no matter your relationship to it, we understand. This week's activity is simply an invitation to explore the possibilities of peace in nature.

I tend to look at peace as the active choice of accepting moments as they are and not as we believe they should be. What would life look like if we chose not to expect an outcome but to be open to an outcome? To me, this is the invitation to peace.

Peace is not the absence of grief and the seasons it brings, but it is the moments of stillness and calmness in the heart amidst the grief we know.

We've provided a few ways you can invite peace into your heart, mind and soul this season.

A few ways to invite Peace into your heart this season:

1. Get Grounded in the Present Moment

- We know that getting grounded can help us find a sense of stillness, connect with how we are feeling physiologically and practice gratitude as a pathway to joy and peace.
- Visit our [Activities from Month 1: Getting & Staying Grounded](#) for a variety of grounding tools in nature.

2. Look for and to Nature

- Nature is our guide and a place we can see a reflection of ourselves and our life journey. So, how can we find peace through nature? Remember, no two journeys look the same.
- We invite you to look for nature where you are now, bring nature indoors and get out and move in nature.

- Here are [12 Ways to Reconnect and Find Peace in Nature](#) and another article on [How to Find Inner Peace Through Nature](#).

3. Connect with Others & Their Stories

- At TAPS, we know that there's no better support than the love and understanding of our peers, the people who “get it.”
- We encourage you, if you feel safe, to connect with close family and friends and practice rituals, share memories and find present mindedness.
- We invite you to read:
 - [Finding Peace Through Climbing](#)
 - [Finding Peace, One Piece at a Time](#)
 - [Healing Grief, Finding Peace](#)
 - [Book Shelf: Finding Peace Without All The Pieces](#)
 - [Peace and Purpose](#)
 - [Saturday Morning Message: Winter Songs](#)
 - [Re-imagining our Resolutions: Grief Requires Grace](#)
- We invite you to attend:
 - A Breath of Fresh Air [Campfire Chat](#) on Monday, December 28.
 - TAPS [Women's Empowerment virtual gatherings](#).
 - TAPS [Online Community](#) chats or monthly [Care Groups](#) in your area.

When you're ready, remember you can share your experience with us by taking a photo or video and sharing it using [#TAPSOudors](#) or email us at expeditions@taps.org.

As we continue exploring the Seasons of Grief, we know there are many seasons we experiences in our grief, and winter can bring a multitude of challenges from [navigating the holidays](#) without our loved ones to the [impacts of colder weather](#). We want you to know you aren't alone, no matter your season.

At TAPS we have resources to support you in every season of your grief with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **1(800)959-8277**.

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