



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Seasons of Grief • December 2020



## DECEMBER THEME: SEASONS OF GRIEF

WEEK 4: DECEMBER 23 – 29

ACTIVITY: SEASON OF GIVING

This week we close the third month of [A Breath of Fresh Air](#) with [#TAPSOudors](#). We are exploring the **Season of Giving** in our grief by giving intentionally this holiday season, with open hearts willing to receive.

The holidays are almost always associated with gift giving, but this week we invite you to reimagine the **Season of Giving** by exploring the natural world and becoming curious about the way nature gives and receives.

This year has given us great challenge amidst the pandemic, including financial stress on many. The holidays tend to drain us emotionally, physically and financially. This season we encourage you to pause, reflect and know that TAPS is here for you during this season and every season to come.

Remember you can join us Monday, December 28 for our special [Holiday Campfire Chat at 8 p.m. ET. Visit this link to register.](#)

Below we've collected a few mindfulness practices to explore the Season of Giving in our grief and in our life.

### *A Few Ways to Reimagine Giving this Season:*

1. **Give of your Time:** How does nature show us the way time can be given and received? How does our time in nature impact us when we commit time to it? Here are a few ways we can give of our time to ourselves and others this season.
  - **Take a 10 minute walk in nature** with a curious mind, mindful of the way we give of our time.
  - **Connect with your fellow survivors** by giving of your time as a [Peer Mentor](#) or [Volunteer](#). Learn more from one of Peer Mentors of the Year [in this video](#).
2. **Give of your Love:** How does nature teach us to love? What kind of love do you see in nature? Do you see it in the roots of trees? Do you see it in the way the leaves blanket the ground? Do you see it in the way nature

makes you feel? Do you see it in the sunrise? Love will live on in us, how does it live on in nature?

- Revisit a **breathing exercise** from [Month 1: Getting & Staying Grounded](#) outdoors with the intention of love. Open your heart to be loved by nature.
  - **Take a walk** with a friend or family member in your safe circle and share time in nature with them. Share your love with them.
  - **Call, text, email or send a card** to someone you haven't talked to in a while. Share something you love about them.
3. **Be Open to Receive:** Being open to receive truly comes from our hearts and being mindful of the way we give. A few questions below to ponder during your time in nature.
- How does nature teach us to receive gifts? What do you see when you walk outdoors? Do you see nature giving and receiving? How do you receive gifts? Of love? Of time? How does the soil give to what's growing? How do you give and nourish? How do you receive these things?

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](mailto:expeditions@taps.org).

As we explore 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**.

*Thinking of you and remembering your loved ones this holiday season.*

*Sending you love and wishing you a safe and Merry Christmas & Happy Holidays!*

WITH LOVE FROM RACHEL, TONY & THE TAPS OUTDOORS FAMILY!

LEARN MORE AT [TAPS.ORG/OUTDOORS](https://taps.org/outdoors)

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OUTDOORS