

"A great soul never dies. It brings us together again and again."

— Maya Angelou

T A P S

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

May 2023

REMEMBER



For most Americans, Memorial Day is just one day. But for all of us at TAPS, Memorial Day is *every day*. The service and sacrifice recognized for a moment by our fellow citizens on the last Monday in May are ours to bear, with pain and pride, forever. Some spend the day marking the beginning of summer, but we spend the day honoring our heroes. We visit the graves of our loved ones, remember great love, and rededicate ourselves to becoming the living legacies of our loved one's service and sacrifice.

This Memorial Day, and every day, your TAPS family is here for you. We are beside you as you grieve and we stand with you as you honor your hero. As a member of the TAPS family, you will never be alone, and the life and service of your loved one will never be forgotten.

HEAL



An Etiquette for Grief

If only there was an etiquette guide for grief and how to support the grieving, it might bridge the loneliness gap that exists between a broken heart and heartfelt support. A timeless article from the TAPS archives reminds us how much power and vulnerability are in showing up, sharing memories, and lending a hand.

Elevate your ability to be a peer supporter in grief, and find the words to express to your support system what you need as you grieve.

[Find Inspiration](#)

LEARN



Letting Leisure In After Loss

In the wake of loss, returning to the activities that once brought smiles, laughter, and fun to our lives can seem foreign — even off-limits. How are we supposed to have fun without the person we lost? By letting your values lead you, moments of play and leisure can open your heart and help you discover meaningful ways to move forward. When you feel ready, returning to leisure activities, whatever they are for you — a favorite sport, writing, hiking, truly anything, can connect you with peers and the memories of your loved one.

Read five simple steps for letting leisure back into your life and how TAPS can support you in your pursuit.

[Read Full Article](#)

GROW

Steady Your Mind and Heart in Anxious Moments

Adapted from Dr. Alan Wolfelt's "Five Practical Tips to Reduce Anxiety, Calm Fear"

- 1. Breathe deeply.** Inhale to a count of four, then exhale to a count of four — in through your nose, out through your mouth.
- 2. Use your touchstone.** Carry a small object that makes you feel grounded — like a keepsake or special stone. Hold it in your hand as you breathe deeply.
- 3. Lie down and relax your muscles.** If able, incorporate this into your deep breathing. Focus on moving through your body, relaxing your muscles one at a time.
- 4. Repeat an affirmation.** Instead of counting as you breathe deeply, repeat a comforting affirmation aloud or in your head, like “I am here” as you inhale,” and “I am safe” as you exhale.
- 5. Go for a walk.** Movement, change of environment, and fresh air will likely clear your heart and mind and restore you to yourself.

Subscribe to receive Daily Reflections from TAPS and Dr. Alan Wolfelt via email to continue your growth and healing.

PLAN



29th Annual National Military Survivor Seminar and Good Grief Camp

May 25-29, Arlington, Virginia

Survivors of All Ages

[Register](#)

Northwest Regional Survivor Seminar & Good Grief Camp
July 7-9, Spokane, Washington

Northeast Regional Survivor Seminar & Good Grief Camp
August 25-27, Buffalo, New York

Southern Regional Survivor Seminar & Good Grief Camp
September 15-17, San Antonio, Texas

15th Annual National Military Suicide Survivor Seminar & Good Grief
Camp **October 6-8, Boston, Massachusetts**

Western Regional Survivor Seminar & Good Grief Camp
October 27-29, Long Beach, California

[View Seminars](#)



Online Groups

By Relationship, Peer Group, & Type of Loss

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Community Events

TAPS Together, Care Groups, & Events
Happening Nationwide, Year-Round

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Team TAPS Events

Honoring Loved Ones at Events
Nationwide

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Retreats

Healing Getaways Happening Around
the Country

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Young Adults Events

In-Person & Online Events
Survivors 18 to 30

[Find an Event](#)



Youth Programs

In-Person & Online Events
School-Aged Survivors and Parents

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HONOR



At TAPS, we are dedicated to helping you honor the life and service of your fallen hero.

If you are looking for a special way to honor the life and service of your hero that also supports the TAPS mission, consider purchasing a tribute tile to be displayed prominently and permanently on the **TAPS Honor Wall** at our national headquarters in Arlington, Virginia.

Order a Tile

Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **800-959-TAPS** (8277).



If you no longer wish to receive the TAPS Family Newsletter, please email info@taps.org.