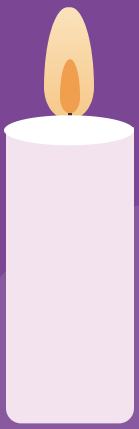
KAREN BURATTI

All Souls' Day: getting through the day with grief

A gentle guide with exercises



Psychologist
CRP 06/107067

@kburatti.psico
22 pages · 10 exercises

Comfort for the pain

This day can feel heavy... You don't have to be okay, and it's okay to feel this way!

Every year, November 2 arrives and, with it, an absence that is hard to ignore: flowers, candles, cemeteries, tributes... In Brazil this day is called *Finados*, the Day of the Departed, known in many countries as All Souls' Day. None of it requires you to pretend.

I wrote this guide the way someone sits beside you and keeps you company.

It doesn't promise to take the pain away, because grief is not a problem to be solved. But it offers small, possible steps to get through the day with more care and less loneliness. Use what makes sense. Skip what feels heavy. Come back when you need to.

With care,

Karen Buratti

How to use this guide

1

Read without hurrying

Each page stands on its own. Stop when you need to and pick it up again when you can.

2

Do what makes sense

The exercises are invitations. Write here, on paper, on your phone, or simply think about them.

3

Skip what feels heavy

If a topic hurts too much, move on. Knowing your limits is also a way of caring for yourself.

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This guide keeps you company. It doesn't replace therapy.

If at any point the pain becomes more than you can bear, go straight to page 20.

What grief is

Grief is the natural process of adapting to the death of someone we love, reorganizing our emotions and routines around their absence. There are other kinds of grief, but this guide focuses on grief after a death.

It has no deadline

There is no set date for grief to end. It changes shape, but the love and the longing remain.

It isn't linear

There are lighter days and heavier days, sometimes within the same hour. The "stages of grief" describe common experiences, not mandatory steps.

Everyone lives it their own way

Some people cry, some go quiet, some keep busy. No way is more correct than another.

It is also love

Feeling this much shows how much this person mattered. Grief is love with nowhere to go.

GRIEF is a process of adapting to absence.

This process involves emotions, thoughts, behaviors and even physical signs, like aches or a lump in the throat...

It doesn't happen in a straight line, and there is no "right" time to get over it.

Why this day stirs so much

2
November

Marked dates reopen the longing. This is common and expected.

All Souls' Day is a shared day of remembrance: everyone talks about those who are gone. So your loss, which you may carry in silence, gets a louder voice.

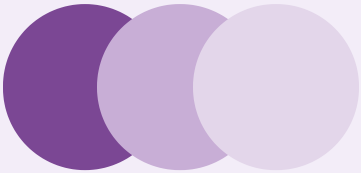
What may come up today

Intense longing · Crying easily · Irritation · Emptiness · Guilt · Relief · Tiredness · Numbness · Gratitude

What helps

- Choosing how much you want to expose yourself
- Agreeing in advance with those who will be around
- Setting aside time just for you, with no obligations

Grief in each person...



Each person lives grief in their own way. There is no right or wrong, no set time... there is what is healthiest for YOU!

- Some talk a lot and some barely speak.
- Some cry easily and some seem to carry on as usual.
- Some want to go to the cemetery and some prefer to avoid it.

Instead of comparing, ask: "What do you need today?"

See more on page 16.

Map of emotions

Mark how intense each feeling is today, and remember to take it to your next therapy session.

Color from 1 (mild) to 5 (very strong). No emotion is wrong, and the map can change throughout the day.

Longing	1	2	3	4	5
Sadness	1	2	3	4	5
Anger	1	2	3	4	5
Guilt	1	2	3	4	5
Relief	1	2	3	4	5
Gratitude	1	2	3	4	5

What surprised me most today

My plan for the day

Marked dates call for a gentle plan. Deciding ahead makes it less likely you'll be caught off guard. You can change the plan at any time.

I want to do

E.g., visit the cemetery, listen to a song, stay home

I don't want to do

E.g., go to big events, answer messages, cook

Who I want nearby

E.g., a brother, a friend, no one but me

Memories that stay

Write down three memories you want to keep. They can be small: a scent, a phrase, a way of laughing.

Memory 1

Memory 2

Memory 3

What I learned from this person

Breathing



Breathe in counting to 4. **Breathe out** counting to 6.
Repeat 5 times.

1. Sit with your feet resting on the floor.
2. Breathe in through your nose, counting to 4.
3. Let the air out slowly through your mouth, counting to 6.
4. Repeat five times, noticing your body.

Breathing out more slowly than you breathe in helps the body slow down. If you feel dizzy, go back to breathing normally.

My tension before: ____ / 10 After: ____ / 10

What I need today

On harder days, the basics become an achievement. Check what you've already done, without pressure.

- [ ] Eat something
- [ ] Drink water
- [ ] Rest a little
- [ ] Go out for some air
- [ ] Tell someone how I am
- [ ] Ask for help
- [ ] Cry
- [ ] Take a break from social media

If today you can only check one, that's okay.
One is already care.

Rewriting thoughts

Harsh thoughts weigh more. Try swapping them for kinder, truer phrases.

I should be okay by now

↓

I'm doing what I can today

It's been too long

↓

There is no deadline for missing someone

Now it's your turn

The thought that weighs on me

A kinder way to say it

A letter to the one you lost

Writing to someone who is gone makes room for what was left unsaid. This letter is yours alone.

If you can't find the words: tell them about your day, say what was left unsaid, thank them, ask for or offer forgiveness. Then keep it, read it aloud, or leave it with a photo.

A ritual at home

A simple ritual of about 10 minutes helps give shape to what you feel.

1. **Light a candle**
   Choose a safe, quiet place. Lighting the flame marks the start of the moment.

2. **Look at a photo**
   Let your gaze linger. Remember a simple moment with this person.

3. **Say a farewell phrase**
   It can be short: "Thank you for everything," "I miss you," "You are still with me." Out loud or in your mind.

4. **Put out the candle calmly**
   Take a deep breath before blowing it out. Closing is also caring, and you can repeat this whenever you want.

No candle? Use a flower, a song, a letter: the symbol is yours. If you light a candle, never leave it unattended.

Talking with those close to you

If you feel the moment is right... say that you would like comfort, or that you want to offer it... the point is not to judge.

What do I miss the most?

What memory do I want to share?

What do I need today?

How can I support you?

What story do we always tell about this person?

What can we do together on this day?

Faith and spirituality

For many people, faith is a support in grief. For others, it isn't part of their lives, and that's fine. Any belief is welcome here.

What comforts me?

Prayer | Mass or service | Meditation | Silence | Nature

Music | Lighting a candle | Other: _____

A phrase or word that holds me up

What do my faith or beliefs tell me about this loss?

Doubting is part of it too

Feeling anger at faith, or distance from it, after a loss is common. It doesn't make you someone without faith.

What to say and what to avoid

You don't need the perfect phrase. Being there matters more.

Say: "I'm here"
Presence without hurry is what comforts most.

Say: "Do you want to talk about them?"
It invites without pushing. Naming the person brings relief.

Say: "You don't have to explain anything"
It gives freedom to feel however it comes.

Avoid: "Be strong"
It suggests that feeling is weakness.

Avoid: "It's been long enough"
It imposes a deadline grief doesn't have.

Avoid: "At least..."
It minimizes the loss and rarely consoles.

After November 2

1

Day 3: rest

After an emotionally intense day, it's common to feel tired or have an "emotional hangover." Sleep, eat well, go easy on yourself.

2

Week 1: return to your routine little by little

Go back to your activities in small steps, alternating tasks and breaks, and stay in touch with those who do you good.

3

Whenever you need

You can come back to these activities whenever you feel the need. Little by little, the pain of loss makes room for a tender longing, and there will always be a place to remember and honor who is gone and the story they left.

What helped me

When to seek help

Asking for help is an act of care, not weakness. Consider seeking support if you notice:

- Sleep or appetite greatly changed
- Isolating yourself for weeks
- Difficulty taking care of the basics for a long time
- Intense suffering that doesn't ease over the months
- Using alcohol or other substances to bear the pain
- Thoughts of giving up on life

If you are in crisis, don't wait

If you are thinking of ending your life or are in danger, call your local emergency number now.

Anywhere in the world: find free, confidential helplines in your country at **findahelpline.com**

In Brazil: CVV 188 (24 hours, in Portuguese) · SAMU 192 (emergencies)

About Karen





Karen Buratti

Psychologist (CRP 06/107067, Regional Council of Psychology, São Paulo, Brazil), specialized in Family and Couples Therapy, with a focus on anxiety, self-esteem and relationships.

She sees clients online and in person at Espaço Azura, in the Tatuapé neighborhood of São Paulo (Rua Itapura, 239, sala 304).

Karen works in Portuguese only (Brazilian or European).

@kburatti.psico

@espaco.azura

WhatsApp +55 11 99783-4028

Thank you for making it this far

Karen Buratti

Psychologist · CRP 06/107067

@kburatti.psico

This material is educational and offers emotional support. It does not replace psychological, psychiatric or medical care.

English translation of the original in Portuguese.

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