

Michelle Saenz

Is Dia de los Muertos a mexican halloween?

0:06

Dia de los Muertos is not a Mexican Halloween. It is a celebration that originated in Mexico and it is a celebration that reunites the living and the dead.

When is Dia de los Muertos Celebrated?

0:16

Dia de los Muertos is celebrated on two days. So November 1, it starts with Dia de los Angelitos. And it's a day that you celebrate for the children. On November 2, it's in the morning time until the afternoon is Dia de los Difuntos, and in the afternoon is Dia de los Muertos, Dia de los Difuntos is for the adults. And then starting November 2 In the afternoon, it's everyone and that's when the parade starts and everybody goes to the cemeteries and they celebrate all together.

How is Dia de los Muertos celebrated?

1:01

Dia de los Muertos is celebrated in different ways that depends on where you're from, if you're in Mexico, they celebrate with parades, they celebrate with bands, marching through the cities. And in the cemeteries, they decorate the grave sites. At home they have ofrendas. Ofrendas are offerings and they have tables that are decorated. They have marigold flowers. And the marigold flowers are flowers that are scented, and they use the marigolds because they say they bring the spirits to the living. And then they have drinks that are the favorites of the person who has passed, they also have food that they love, they can also leave other items that they have left behind that they loved also, they have photos of them. In the United States, they do the same also in the United States, and in Mexico, they dress up as skeletons. When you dress up as a skeleton, you are representing life and death and you are accepting it. And it's you're representing and saying that you are not scared of death. And for the children's graves, you leave toys and their favorite snacks and foods and you are celebrating them and you are having you're telling them to come back for that day. And letting them know that you love them. And you will always remember them and they're always a part of your life.

Is it ever too soon to talk to children about death?

2:40

I don't think it's ever too soon to talk to children about death. I think the sooner you talk to them, the easier it is for them to cope later on in life when someone they know personally passes away. You can start talking to children about death right away as soon as they are little when they see a flower die or a bug die. And you talk to them in the language that is appropriate for them. So if a bug dies, you talk to them about how life how their life is no longer here and then you bury them they don't come back. You have to talk to them with age appropriate language. You have to be direct and you have to make sure that it is an ongoing conversation.

Michelle Saenz

How has COVID changed how we grieve?

3:29

Grieving has become more isolated. It has caused a lot of issues because of COVID. Before we had rituals, and we had a support system, and because of COVID it has been extended and we have lost the grieving process and it has been very difficult on people's mental health. And because of that, I think that there needs to be more discussion on how to grieve and mental health in general because there is not enough conversation on it and it needs to be talked about and how people need to speak on how important it is to go to therapy and to find a support system because COVID has left a lot of heartache.

Is there anything else you would like to add?

4:20

Grieving is not linear. When a person grieves, they may grieve differently than you do. You have to really lean in on each other instead of apart you really have to support each other even though your grieving is different. And you need to speak to each other and try your hardest to support each other because like I said, grieving is not linear. You'll have your ups and downs.