

WAYS TO REMEMBER DURING THE HOLIDAYS

Oftentimes, participation in a planned activity during the holiday season helps to offset or facilitate the grieving process. Here are some suggestions, which may be helpful.

- Make a collage of your loved one with pictures, written sayings, anything that was special. Done as a family project, it can help family members to talk about their grief.
- Give your loved one's photo as a gift. Create a memory book or place in a special frame to give away.
- Include your loved one's name in conversations. If others realize that you are comfortable talking about the person, it will help them feel more comfortable too and help them see that this person and the memories are still an important part of your life.
- Hang a stocking for your loved one and have each family member write a note about either a special memory or what they would say to them if they could be here.
- Decorate a small box using pictures, words and stickers that remind you of your loved one. Place treasured mementos inside or invite others to write memories to place in the box. These may be read aloud for all to treasure or during a time of solitary reflection.
- Place a holiday wreath at the cemetery, or give a poinsettia in your loved one's memory at your place of worship.
- Burn a special candle that is lit each mealtime during the holiday season to quietly remember your loved one.
- Donate some of your loved one's possessions or money to a charitable organization that was important to them or that you may associate with them.
- Buy or make an ornament in memory of your loved one.
- Give a personal item you may have of your loved one which you'd like to pass on.
- Clothing from your loved one could be made into a quilt or pillows for family members.
- Offer your time to work at a local soup kitchen, nursing home or children's program at a hospital.

- Create your loved one's favorite dish to share at a family celebration. Use their special dishes or decorations.
- Give a toast to your loved one at a family gathering or when alone. Use their favorite beverage.
- Give a gift to another in their memory. Many organizations accept donations for those in need during the holiday season- Toys for Tots, Salvation Army, nursing homes, senior centers, domestic violence shelters or other charitable organizations.
- Decorate luminaries or hang lights in memory of your loved one during the holidays or anytime you wish to remember them.
- Take time while opening gifts for each to share how your loved one was a gift to them/your family.
- Write a letter or talk to your loved one. Buy a card that conveys the feelings you would share with them this season. You may choose to add it to your memory box.
- Buy a live tree to decorate and plant in your loved one's memory.