

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.
- 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.
- Place a holiday wreath at the cemetery, or give a poinsettia in your loved one's memory at church.
- Burn a special candle that is lit each mealtime during the holiday season to quietly remember your loved one.
- Donate a gift or money to a charitable organization.
- Buy an ornament in memory of your loved one.
- Give a recent photo of your loved one as a gift, or a personal belonging 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.