

Memorial traditions are a healthy way to remember and honor our loved ones; traditions can be celebrated alone or with family and friends. They can take place during special holidays or any time that has meaning for you. The important thing is to take the time to intentionally focus on memories of the people that you have loved, but who are no longer with you. Below are some ideas that you may find useful.

- Anytime during the holidays, light a candle in memory of your loved one. Add a favorite photograph if desired.
- Offer a dinner prayer, meditation or toast to your loved one.
- Display a single fresh flower to celebrate the life of your loved one.
- Create a memory book with photos, mementos and journaling. It can sit on your coffee table to encourage friends and family to also remember.
- Give yourself permission to remember happy times and events.
- Create a special holiday decoration for loved ones who are no longer with you. Display it during the holidays to help you feel close to them.
- In the spring, plant a tree or bush in your yard or purchase a small plant to pot. Have a planting ceremony and on special occasions decorate the plant with objects that will help you remember special times.
- Bring joy to others through a favorite activity of your loved one. If they enjoyed gardening, take flowers to someone who may need them. If they liked to watch movies, enjoy a movie with someone who could use the company. If they loved cooking, share a meal with a friend. If they had a passion for music, bring some music to someone who could use cheering up. Share the reason for your activity with the people who benefit.
- Write a letter to your loved one on their birthday or an anniversary date. Share what has been happening since they have been gone. This can be stored and accumulated as the years go by, providing a comforting record.