

## Ways to Remember Your Loved One on Special Days

- Plan ahead. Often the anticipation of the day is worse than the day itself. Having a plan can help decrease some of the worry about what is going to happen that day.
- Develop a new ritual to honor your loved one.
- Perform a random act of kindness in your loved one's honor or ask others to do this as well in honor of your loved one.
- Light a candle.
- Display a special photo of your loved one in a prominent location as a visual reminder that they are still a part of the holiday gatherings.
- Hold a remembrance ceremony. If applicable, schedule a memorial mass or service.
- Make time to remember – for example, go for a long walk intentionally using that time to think about and connect with your loved one.
- Create a book of memories, old photos, letters, etc. Consider asking friends and family to contribute their special memories to the book.
- Cook your loved one's favorite meal.
- Do something your loved one enjoyed or something you enjoyed doing together.
- Have a moment of silence in honor of your loved one. This is especially helpful if talking about your loved one is still too hard.
- Plant flowers or a tree in memory of your loved one.
- Do something for others in honor of your loved one (serving those in need, volunteering at your loved one's favorite a charity, etc.)
- Take flowers to the cemetery if applicable.
- Take a moment to share what you are thankful for about your loved one with family or friends.
- During Christmas, some families find it helpful to set aside a special time during the gift opening activities where they will "open gifts" for their deceased loved one(s). They ask family members to come prepared to either share a favorite memory of their loved one(s) or share what they did in honor of their loved one(s) for the holiday, like donating to a charity, giving a coat to someone in need, etc. This is a great way to include your loved one in the holiday activities.