

# Embrace the Memories

*“You are not lost. You continue in every hearty laugh, in every nice surprise, and in every reassuring moment of my life.”-Molly Fuima*

Below are some rituals to help remember and pay tribute to the one who died. Keep in mind these rituals can be public or private spontaneous or planned out. Create the rituals that will have the most meaning and significance for you.

- ❖ Talk or write about the favorite time you shared
- ❖ Retain special keepsakes that belonged to your loved one
- ❖ Display a photo of your loved one. Tell them about your day or about a shared memory
- ❖ Visit places that stimulate memories of good times together
- ❖ Create a “memory book” of special photos you have selected. Write briefly about the memory reflected in the picture. Review the photos on holidays or anniversaries.
- ❖ Contribute money to a charity, scholarship fund or other worthy cause in your loved one’s name.
- ❖ Donate an item to a favorite organization in your loved ones name ( a painting to a local hospital, a bench along a river or ocean, a wheelchair to the local hospice or a book to a local library)
- ❖ Plant a tree or rosebush in your loved one’s name
- ❖ Buy a special candle and light it on special occasions (birthdays, anniversaries etc.)
- ❖ Visit the cemetery or place where your loved one’s ashes are scattered whenever you wish
- ❖ Release a balloon with an attached note to your loved one.
- ❖ Continue to wear your wedding ring or have it made into a pendant for a necklace.

