

# REMEMBERING + HONORING

Grief can be such a dynamic experience as we are learning how to grieve our person and find what feels right for our grief at this moment in time.

Many times we feel that when the funeral, memorial, or celebration of life is completed, we must move forward. Then a holiday or special day comes up and we can feel a bit lost without any way to mark the day.

We might find something happy to do, or maybe it's just taking a moment to allow ourselves to feel and get in touch with our grief. Every person is unique in how they want to cope with and explore their journey.

Here are some ideas to get you thinking how you would like to remember and honor your person.

## MEMORY ITEMS

- Wear something of theirs.
- Have a meaningful item visible in your home.
- Repurpose something of theirs to have in your space.

## CREATE

- A memorial garden.
- A meal they loved.
- Write a letter to them.
- A memory item to give to others to help them remember.

## CONNECT

- Text with friends or family to share memories about them.
- Call and chat with someone if you are struggling.
- Take a walk and connect with nature.

## PERMISSION

- To express your emotions when they arise.
- To laugh and enjoy yourself.
- To excuse yourself if things are too difficult.
- To find small moments of comfort through grief.

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Now it's your turn to brainstorm some ideas that might feel right for you at this time. Please remember that these ideas might grow and change with us, as our grief grows and changes - and that's ok!

Make a note here every time you think of something, so on those days that might feel a bit heavier coming up on a special date, you will have helped yourself compile a wonderful list of ideas you can shift through and find what will be right for that event.

Throughout your grief journey, please remember to take care of yourself. This is new territory and we are beginners. Even if we have grieved before, we have never grieved this relationship. Allow yourself to be a beginner. Instead of being judgmental, be curious and find what is going to feel best for you, right now.

