



Ways to Remember Your Loved One

Weeks, months, or years have passed since a loved one has died, and most likely you are processing the life we led with them, and their death. Though their formal funeral, memorial service or celebration of life may have already occurred, you may find it helpful to continue rituals that connect you to your loved one.

Below are some suggestions that you may want to incorporate into your grief journey. There is no timeline, no right or wrong way. You can choose to do all of them, none of them, or even combine a couple of the ideas. Our hope is that one or all of them will connect you to the person you have lost and ultimately bring you peace.

Plant a Garden

- Plant flowers, vegetables, trees, etc.
- Plant your loved one's favorite flowers.
- Include "forget me nots".
- If you have no outdoor space, consider an indoor plant or terrarium.
- Include memorial stones – paint words or pictures on the stones, have a stone or two professional carved with a special word, phrase or name.
- Continue to add on to the garden throughout the years. Consider adding to the garden on anniversaries, birthdays, special occasions.

Create a Playlist or Make a CD of Their Favorite Songs

- Include songs that remind you of your loved one.

Visit a Place/Spot/City That Was on Your Loved One's Wish List

- Leave something that belonged to your loved one or is symbolic of their life.
- Instead of a visit, participate in an activity they had planned on doing such as dance lessons, skydiving, learning a or new language.
- Consider taking a trusted friend or family member with you.
- Visit your loved one's favorite place/spot/city.

Create a Memory Box or Book

- Include pictures, clothing, tickets to events, linking objects, quotes, stories.
- Take out the box or book when you want to feel connected to your loved one.
- Be artistic – use paints, crayons, colored pencils, collage, etc.
- Instead or addition, create a shadowbox you can display on the wall.



Make a Pillow Using Your Loved One's Old Clothes

- Frame an article of clothing instead or in addition.
- Make a simple quilt blanket using their old t-shirts.

Showcase Their Favorite Items

- Create a special place in your home that features their picture and linking objects.
- This can be in a private spot, or a place where guests can see.

Tell Your Loved One's Story

- Write down all the stories your loved one used to tell you or that your shared stories.
- Share stories with your loved one's family and friends. You may find out something new about them you did not know.
- You can write these stories down, or just say them aloud.

Write a Letter to Your Loved One

- Include what you remember about them, what you want them to know, give updates on your life and your friends and family.

Make a Recipe Book

- Assemble your loved one's favorite meals or food they liked to cook.
- Include photos of your loved one enjoying or cooking the meal next to the recipe.
- Revisit things that they loved
- Listen to your loved one's favorite music, read their favorite book, watch their favorite movies.

Honor Their Birthday, Anniversaries, Etc...

- Add to your garden, do an eco-friendly balloon release, release butterflies, release a floating lantern.
- Consider having other friends and family members participate.
- Visit a place they loved, listen to their favorite music, or eat their favorite foods.

SightLife's donor family community is unique. Though the way we react to grief can be different, you share something in common. We would love to see an exchange ideas and thoughts. If you have suggestions, comments, pictures of the ideas above, and are willing to share with other donor families, please email donorfamilyservices@sightlife.org. All questions and comments are welcomed.