



Remembering your beloved(s) with ritual.

Connection

- Light a candle in their memory.
- Look at photos or videos of them.
- Spend time looking at and holding their things.
- Find nature that reminds you of them (birds, flowers, trees, animals).
- Look for reminders of them in everyday experiences.
- Engage with an activity they might have loved.
- Set up a small space or area in your home that belongs to *them*.
- Talk to them out loud.
- Write to them.

Creativity

- Create a scrapbook in their memory.
- Create their name in nature with rocks, sticks, flowers, or other items. Take a photo.
- Write their name or draw a picture they would have loved in chalk in an outdoor area.
- Make or design and wear a piece of jewelry in their memory.
- Purchase a garden stepping stone kit and create one in memory of your beloved.
- If it feels comfortable, use their clothing or belongings to make something new (a quilt, shadowbox, etc).
- Write about your beloved and who they were.
- Paint rocks with their name in their memory and leave them for others to find.
- Create a 'memory' box and add memories of your beloved to the box as they come to you.

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Community

- Attend a support group with others who may have similar loss(es).
- If it feels comfortable and safe, share your story and their story on social media.
- Participate in online communities where grievers gather to see if you feel welcomed and supported.
- Read books or memoirs by others who have experienced similar loss(es).
- Gather a group of those who loved them together to share memories.
- Invite others to add memories to a 'memory box' full of memories of your beloved.

Compassion

- Do an act of kindness in memory of your beloved.
- Treat yourself with compassion once a day, even in the smallest of ways (an extra deep breath, ask yourself what you need, drink warm tea, feel the sun on your face).
- Volunteer your time (1-2 hours/month) with a meaningful organization.
- Rescue an animal.
- Extend compassion to a stranger with kind words.
- Spend 10 minutes in meditation considering the suffering of another and extending compassion.

Contemplation

- Allow yourself to be deeply present with your feeling states. Turn toward them.
- Consider what grief might look like and create a clear image of it in your mind.
- Be in nature and observe the ways that grief is reflected within it.
- Read poetry that reminds you of your beloved.
- Sit in meditation or prayer and dedicate this time to your beloved.
- Write about the profound ways that grief, and your love for your beloved, has changed you.