

Some ways to remember a loved one who has died

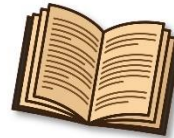
These suggestions were made by people attending our online Bereavement Friendship Groups

National Day of
Reflection
23 March



Light a candle in their memory

Say their name



Share a poem or saying that reminds you of them

Plant a tree or some flowers



Share photos and recollections on social media

Make something using items personal to them



Add memories to an online memory wall / cloud

Listen to a piece of music or watch a film that you both enjoyed



Donate to a charity or good cause

Visit Somewhere that was important to them

(or plan a visit for when it is safe)



Cook or bake something you enjoyed together

Fill a memory box with treasured items



Create a photo book with happy memories



Paint a pebble to place in your garden or a secret place

Drink a toast to them on a special occasion



Be kind to yourself, you've lost someone special, and it's okay to feel sad

