



Strength  
at Your Side

## Holiday Healing Rituals

You may find a desire to do something around the holidays to honor and remember a significant person who has died. We invite you to consider incorporating a holiday healing ritual into your activities. Below are some ideas you might consider as the holidays approach. You may want to share this with family members and friends or even pick one to do by yourself or with others.

**Make a Christmas tree** for birds decorated with seeds, grains, and bits of fruit. Children especially enjoy this.

**Replace your artificial or cut tree with a live tree** this year. It can then be planted as a memorial.

**Contribute a memorial gift** to a charity or church in honor of your loved one.

**When it hurts too much to talk – write.** Poems, articles or books written as a memorial and to express one's own memories also bring comfort to others.

**Spend time looking at photos or videos with family or friends,** sharing special stories.

**Choose a candle or a single flower** for the table as a remembrance of your loved one.

**Hang a special ornament** on the tree in your loved one's memory.

**Purchase or make a special wreath** or other decoration as a memorial. Place this at the gravesite or keep it in the home.

**"Adopt" a needy family or child** as a way of honoring your loved one.

