

Honoring Your Lost Love

During the Holidays

- Create a Memory Space: Set up a special area with photos, mementos, or a memorial candle to remember your spouse.

- Share Stories: Share stories and memories of your spouse with friends and family during holiday gatherings.

- Dedicate a Special Ornament: Hang a holiday ornament in their memory or create a custom ornament.

- Prepare Their Favorite Dish: Cook or bake their favorite holiday dish or treat as a tribute.

- Incorporate Their Traditions: Continue or adapt any holiday traditions that were meaningful to your spouse.

- Write a Letter: Write a letter to your spouse expressing your thoughts and feelings, then seal it or burn it as a symbolic gesture.

- Visit a Special Place: Visit a place that held significance to your spouse, like a favorite park or location.

- Host a Memorial Gathering: Consider hosting a small gathering or memorial event in their memory.

- Plant a tree or create a garden in their memory, nurturing it as a symbol of their enduring presence.

- Donate clothing, belongings, or holiday decorations that belonged to your spouse to a charitable organization.

- Compile a holiday-themed scrapbook filled with photos, letters, and mementos related to your spouse.

- Design a custom holiday keepsake, like a quilt of their shirts or piece of jewelry in their memory.

- Watch your spouse's favorite holiday movie or TV show as a way to feel close to them.

