

# When a life ends...

## 3 Ways to Honor The Memory of a Loved One

The death of a loved one is an incredibly challenging time. Grief, anger and confusion can all build up and intertwine. Grieving is a complex process, but you can take comfort in these feelings as you honor the memory of the person who has passed on. Try one of these tangible ways of paying tribute to your loved one's memory.

### 1. KEEP A TRADITION ALIVE

Did your loved one take pleasure in cooking special recipes for the family? Did they live for board game nights? Consider organizing an annual event centered around an activity that they enjoyed. This way, you can create precious new memories while keeping their memory alive.

### 2. DONATE MONEY OR TIME

If your loved one was passionate about a specific cause, such as environmental protection or cancer research, donating to a relevant organization can be a thoughtful tribute to their legacy. Participating in activities like awareness walks or fundraising events for their cause honors their dedication while also supporting a meaningful goal.

### 3. INCLUDE YOUR LOVED ONE'S MEMORY IN EVENTS

As life goes on, you'll inevitably take part in significant events where your special person's absence will feel particularly profound. Don't hesitate to display photos of your loved one or take a moment to raise a toast in their memory during birthdays, holiday gatherings and weddings.

No matter how you choose to remember your dearly departed, you're helping honor their memory, which is essential during the grieving process. If you're experiencing painful and persistent feelings of loss, consult your doctor to learn about the resources available to you.



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