

Creating new traditions

Memorialize your loved one in a way that is meaningful to you. Choosing an activity that your loved one would have approved of can make it even more meaningful. An activity that the entire family can participate in can strengthen the bonds of togetherness and sharing. However, it is also appropriate for individual family members to create a memorial activity that is personal and private—something that is between just them and the deceased.

- Purchase a small evergreen tree from a nursery, decorate it and replant it after Christmas
- Light special memorial candles each day during the holidays or use one larger candle and light it each day
- Display a single fresh flower during the holidays
- Have a special time when the family shares holiday memories of your deceased loved on
- Offer a dinner prayer or toast to your loved one
- Purchase a gift for your loved one and then donate it to a charity
- Hang a special Christmas stocking in memory of the loved one
- Give money in the amount you would have spent on gifts to a charity in the deceased's name
- Celebrate a holiday on another day such as Christmas on New Year's Day
- Focus on helping others

Although these special tributes may cause some tears, they are usually helpful and therapeutic in your struggle to get through the holidays

- Ralph L. Klicker Guideline publications