

## **Tips & New Traditions for Holiday Grief**

1. Make a quilt, t-shirt, pillowcase from a loved one's clothes.
2. Make a bracelet from buttons from loved one's clothes, for yourself, and, as gifts.
3. Make a Christmas Stocking for your loved one with a note to them inside.
4. Combine old traditions with new, use their favorite recipe to make a dish for the holidays.
5. Light a candle in their honor, or, make a toast. Share your favorite memory.
6. Give away special loved one's belongings as gifts to those who will treasure with a note.
7. Donate a coat to those in need.
8. Buy or make a memorial ornament.
9. Donate to a cause or charity in your loved one's name.
10. Buy a gift for your loved one then donate it to someone.
11. Write cards to our military.
12. Volunteer
13. Invite someone who is alone over, and they can sit in your loved one's chair, honoring them and providing purpose.
14. Do not isolate, tell others what you need and allow others to help.