

# Keeping Memories Alive

## *A Practical Guide*

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There is no right way. Only your way.

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After the funeral, there is often a quiet shift.

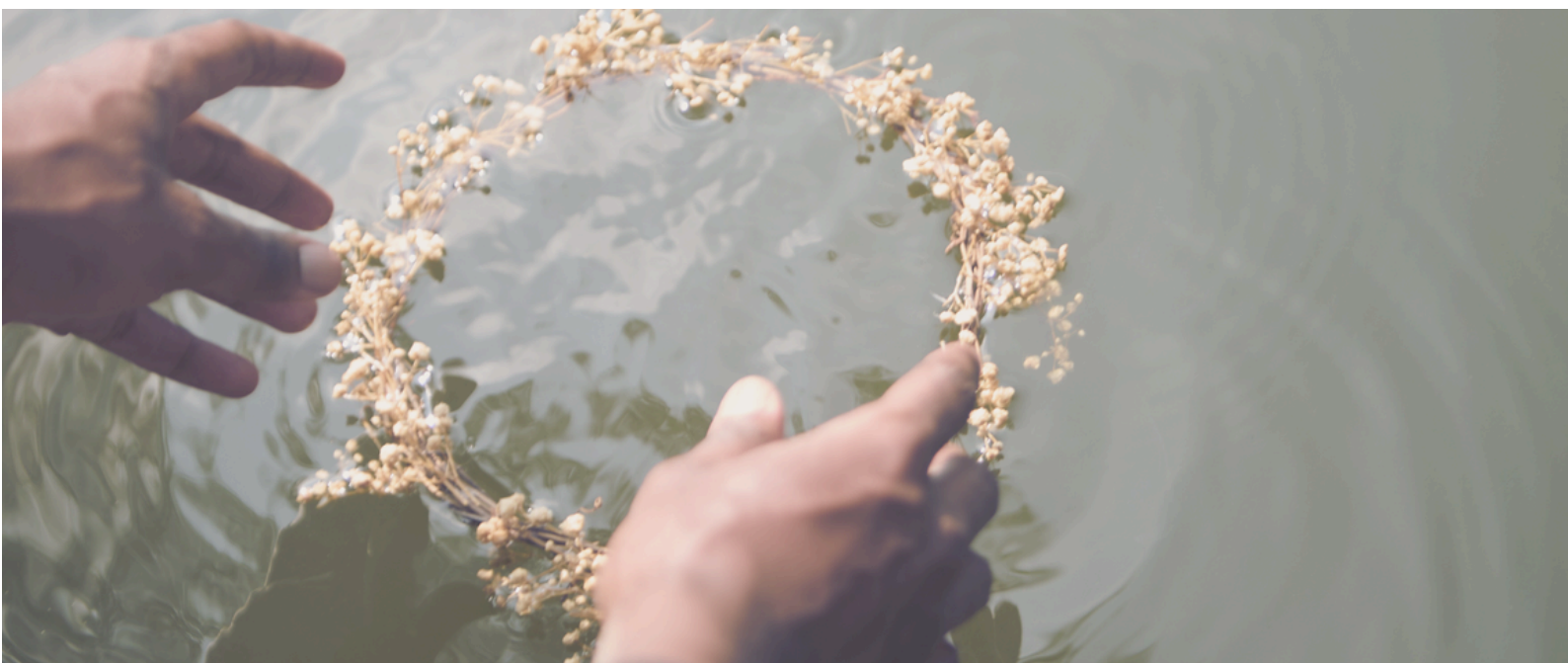
Support may lessen. Life around you resumes.  
But your connection does not end.

Remembering can help carry that connection forward.  
Not as something fixed, but something that changes over time.

There is no right way to do this.  
No set path to follow.

You may want something quiet.  
You may want something shared.  
You may not know yet.

All of this is allowed.



Follow these steps to shape your ideas. Start a journal or use the space to jot notes.

# Notice What Already Exists

Before creating anything new, pause.

Notice where memory is already present in your day.

It might be a moment.

A place.

A sound.

You may already be remembering, without trying.

These moments matter.

They are part of how connection continues.

You do not need to turn them into something more.

You can begin by simply noticing.



## Prompts:

*Write down three moments from the past week when you thought of them.  
What was happening at the time?*

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**There is no need to analyse them. Simply noticing is enough.**

# Choose a Simple Ritual

If you want something more intentional, begin small.

Not something you feel you should do.  
Something that feels possible.

A ritual does not need to be complex.  
It only needs to feel steady enough to return to.

You might choose something private.  
Or something shared.

You might do it often.  
Or only when it feels right.

Start with one small step.



## Prompts:

*Do I want something private or shared?*

*What feels comforting, not forced?*

*What is one small action I could return to?*

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A simple ritual could be lighting a candle for a few moments, playing a specific piece of music, or making their favourite cup of tea.

The action itself is the ritual.

# Shape Your Ritual

If you have something in mind, you can give it a little shape.

Keep it simple.

Let it fit into your life as it is now.  
It does not need to be perfect.

It does not need to stay the same.



## Prompts:

*Where will this happen?*

*When might I do this?*

*What will it involve?*

*How will I know it feels right?*

*Remember, it can change.*

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For instance,  
"Where will this happen?" might be "In the garden, by the rose bush."  
"When?" might be "On Sunday mornings, when everything is quiet."

# Approaching Significant Dates

Some days can feel heavier.

Birthdays. Anniversaries. Holidays.

It can help to think about these days ahead of time.

Not to plan something large.  
Just to decide what feels manageable.

You may want to mark the day.  
You may want to keep it quiet.  
You may want to be alone.  
Or with others.

There is no right or wrong choice.

## Prompts:

*Is there a date I am thinking about?*

*Do I want to mark it?*

*What might feel manageable on that day?*

*Who, if anyone, do I want with me?*

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If you choose to mark it, some possibilities could be:  
visiting a special place, looking through photos, cooking a meal they  
loved, or simply pausing for a moment of quiet reflection.

# Create Something to Hold Memory

Sometimes it helps to create something you can return to.

Not as a task to complete.  
But as a place to hold memory.

You can begin with what you already have.

A photo.  
A letter.  
A small object.

There is no need to finish.  
You can add to it over time.

Or leave it as it is.

## Prompts:

*Do I feel drawn to creating something?  
What do I already have that I could begin with?  
How much time or energy feels realistic?*

*It does not need to be complete.*

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 This might be a physical space like a memory box or a scrapbook. It could be a digital folder for photos and stories, or a playlist of songs that remind you of them

# Including Children

Children often move in and out of grief.

They may ask questions, then return to play.

They may show their feelings in brief or unexpected ways.

You can include them by making space, not by asking for more than they can give.

Simple actions are often enough.

They may join in.

They may not.

Both are part of how they process.

## Prompts:

*Is there a child I want to include?*

*What do they already understand?*

*What might feel natural for them?*

*They may move in and out. That is how they process.*

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This could be as simple as asking if they'd like to draw a picture for them, or telling a funny story while you're doing something together.

# Letting It Change

What feels right now may not feel right later.

A ritual may fade.  
Something else may take its place.

This is not something going wrong.

It reflects change.  
In time.  
In grief.  
In you.

You can begin again.  
Or not.



## Prompts:

*What feels right for me now?*

Handwriting practice lines consisting of seven horizontal dashed lines, intended for writing a response to the prompt.

remembering can be quiet

it can be irregular

it can change

it can be enough



As you close this guide, you might hold onto one thought.

*What will I carry forward?*

