



25 small ways to feel connected in grief

- 1 Listen to a special song
- 2 Wear their favorite color
- 3 Talk about them with others who love them too
- 4 Eat their favorite food
- 5 Write conversational letters to them
- 6 Spend time in a special place
- 7 Use phrases that they used to say
- 8 Do an activity they loved
- 9 Spend some quiet time to recall good memories
- 10 Read one of their favorite books
- 11 Change the background on your phone to a memory
- 12 Sing loudly in the car to their favorite song
- 13 Text a supportive person about a memory
- 14 Carry out an act of kindness in their memory
- 15 Tuck a small item of theirs safely in your pocket
- 16 Re-purpose an item of theirs to use in your space
- 17 Create a box of memories
- 18 Get something created with their handwriting
- 19 Read a book on grief to honor your journey
- 20 Talk to them whenever you want to
- 21 Finish a project you meant to do together
- 22 Create a playlist of their favorite songs
- 23 Keep adding to a journal of memories
- 24 Treat yourself to their favorite dessert
- 25 Learn a skill of theirs you admired