

## *Healthy Memory Keeping*

There is no set date for when you may feel ready to tackle this, and for most people it will be an ongoing and fluid thing that evolves over time.

Initially, it may be about keeping specific items in a memory box. In the longer term, you may want to celebrate a life by creating a photo album or scrapbook for yourself, or to share.

## *Special Occasions*

There will be times throughout the year when you may want to specifically ask those around you to share their memories too, such as a birthday, Christmas or significant family event.

Collective memories can be recorded in a journal, scrapbook, online resource, adding memories to a paperchain or recording spoken word.

You could also consider supporting a project that was meaningful to your special person, or planting a tree or sponsoring a bench in a place they enjoyed. This may then become a special place for you, and others, to reflect and remember.

## *More Ideas...*

- Making a patchwork from clothes
- Making a memory bear or toys from clothes
- Donating towards a specific cause
- Writing memoirs, or a family history
- Creating a photo story
- Sponsoring a favourite animal
- Naming a star
- Adding a memorial to a place
- Framing a meaningful item
- Creating a prize/annual gift in their name



*Memory Keeping*