

Ideas for Mourning Rituals

The best rituals are those that you design yourself, based upon your need to express your thoughts and feelings about your loved one. The formula for creating your own ritual is simple: decide what you need to express and find a behavior that can convey this.

We are providing some ideas in case you need help getting started. Use the list below to start your own ideas flowing, or adapt those listed to fit your unique needs.

Buy a special candle and light it at meaningful times in memory of your loved one.

Create a scholarship fund or a memorial gift in your loved one's name.

Create or buy an ornament that symbolically represents your loved one.

Have your loved one's ring (or another piece of jewelry) reset for you or a family member.

Plant a strong, healthy tree or shrub in memory of your loved one.

Do something special for someone else that would be in keeping with what your loved one valued or believed (such as helping to feed the hungry).

Donate gifts in your loved one's name.

Hang a holiday stocking for your loved one. Let everyone write a special note to him or her and place it inside.

Visit places that your loved one enjoyed, such as the ocean.

Make something with your own hands to memorialize your loved one.



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