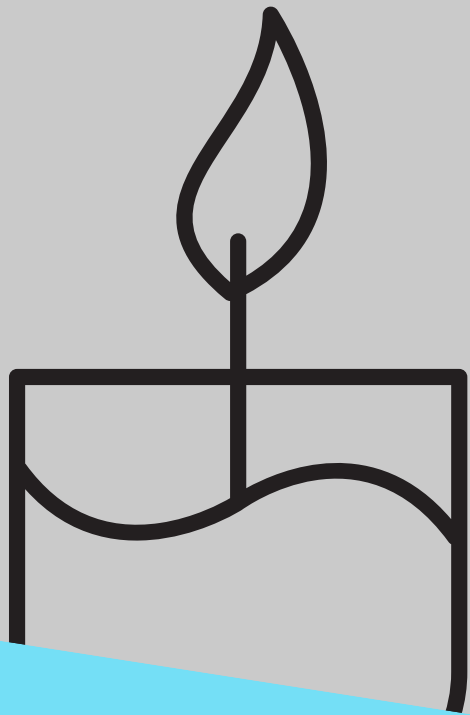


Do It Your Own Way

Taking the time to reflect and remember is a deeply personal experience. There is no right or wrong way to do it. This list is intended to help you find what is the best way of remembering for you. These suggestions may not work for you - that's okay. Just try to remember in a way that is meaningful and feels right for you.



Light a Candle

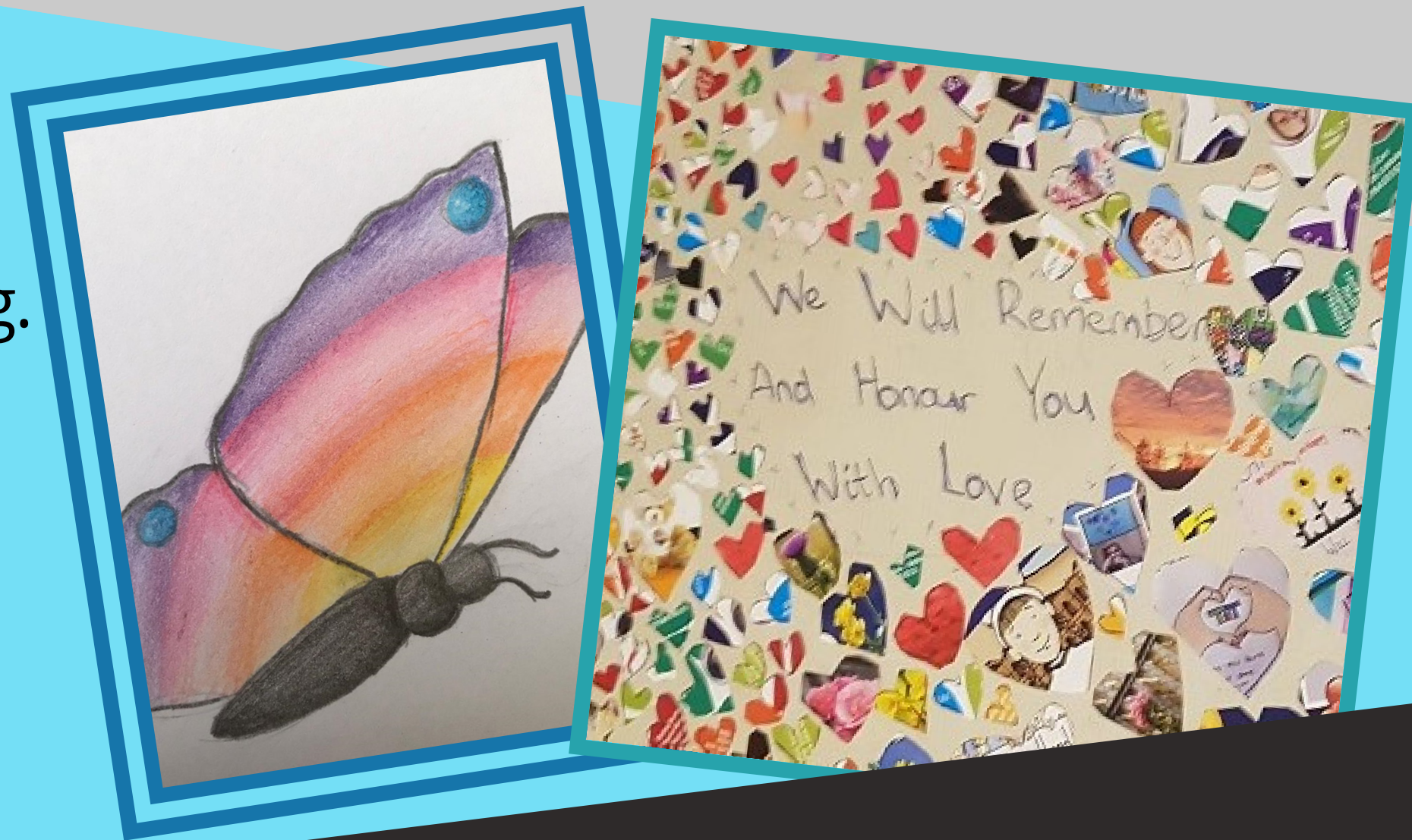
Take a moment to yourself to remember by lighting a candle.

It could be scented or in a holder that creates shadows on the walls. Do what you prefer.

Create Art

Express yourself through art.

Paint, draw, write or create something. However you like to express yourself creatively can be how you pause to remember, too.



Plant Some Seeds

Enjoy time in a garden or around plants.

Designate a section of a garden for remembrance, plant a new plant or sow some new seeds.

Take a Moment to Remember

Take a couple of minutes to yourself to reflect by listening to music, in silence or any other way that means something to you.