

# Memory Box for Wellness

Making the Wellness Memory Box is one way to honour your experiences and their influence on your life.

It's also a meaningful way to pay tribute to a lost loved one.

What you add to the memory box can provide comfort, a connection to a significant other or places, ideas for reconciliation and a physical container to hold these things in readiness for your next steps.

## Suggested Steps in Making your Memory Box

- \* Sit quietly and consider the person, place or pet.
- \* What things - pictures, objects, letters, ideas do you associate with them? Collect the ones which resonate with you.
- \* What feelings and experiences do you recall?
- \* What was it about these which give you positive feelings - see if you can find images, colours, items etc. that connect to these positive feelings.
- \* Now find a suitable box - decorate it with some of these things you have collected and add the rest into the box.

Then write yourself notes or words related to these items and images, that you find inspiring. Add them to the box contents.

When feeling nostalgic or yearn for a bit of cheer - dip into the box, pick out a positive memo you made and find inspiration!

I hope you find this helpful in your journey to wellness.

HeARTfully   
Margaret