



6 WAYS TO KEEP LOVED ONES ALIVE IN YOUR LIFE

BY KATIE COSGROVE

grief is good. 

I'm Glad You're Here

I'm Katie, a grief coach, death doula, and Founder of Grief Is Good. I'm honored to accompany you on this journey.



Grieving is a profound and often overwhelming experience, but it is also a natural and necessary part of life. This guide is designed to offer you practical strategies and compassionate support as you navigate through your loss.

In these pages, you'll find insights and exercises to help you honor your emotions, care for yourself, and find meaning in your experience. Remember, there's no "right" way to grieve—only your way. Let's take these steps together, towards healing and growth.

With compassion and hope,

Katie

HOW TO KEEP THEIR MEMORY ALIVE

1. TALK ABOUT THEM

Keeping your loved one's memory alive by regularly sharing stories about them can be incredibly healing. By reminiscing and celebrating their life, you help preserve their legacy and keep their spirit present.

2. ASK TO HEAR NEW STORIES ABOUT THEM

Invite friends and family to share stories you haven't heard before. These new anecdotes can provide fresh perspectives on your loved one's life, enriching your memories and deepening your connection to them.

3. DEDICATE A SPACE OR TIME WHERE/WHEN YOU GO TO TALK TO THEM

Create a special space or designate a regular time to reflect and converse with your loved one. This personal sanctuary or moment allows you to maintain an ongoing relationship and find comfort in their memory.

4. INVITE THEM TO VISIT IN YOUR DREAMS

Before you sleep, gently invite your loved one to visit you in your dreams. This practice can open a comforting and symbolic channel of communication, offering peace and a sense of closeness. You may find healing, solace and more in dreams as well as experiencing the ability to make new memories with them.

5. THINK ABOUT THEIR LEGACY AND CARRY SOMETHING WITH YOU

Reflect on the values and legacy your loved one left behind, and carry a small token or memento that reminds you of them. This tangible connection can provide daily comfort and a reminder of their enduring influence in your life.

HOW TO KEEP THEIR MEMORY ALIVE

6. DEVELOP A YEARLY RITUAL TO STAY CLOSE TO THEIR MEMORY

Establish a meaningful annual ritual, such as lighting a candle, visiting a favorite spot, or doing an activity they loved. This consistent act of remembrance keeps their memory vivid and honors their place in your life.

ABOUT KATIE

Katie Cosgrove is a Certified Trauma Support Specialist, grief expert and once-grieving child. Growing up with death as a taboo subject, Cosgrove made it her mission to start talking about her grief publicly and encouraging others to do the same.

She grew up surrounded by grief as she experienced a loss of a friend, family member or pet every age from 12 to 21. This resulted in a great deal of compound and complicated grief. After years of hiding her grief and refusing to talk about those who had passed, she had a grief dream that awoke her to the fact that she had been avoiding her feelings. So, she vowed to start her advocacy journey for other people.

Now, she is a speaker, author and coach helping others create new memories with loved ones through storytelling, dreams and rituals.



ABOUT GRIEF IS GOOD

Grief Is Good is a collective that aims to educate people about grief, death and dying through various mediums including speaking, writing, coaching, advocacy work, service through the death process and more.



I'LL SEE YOU IN YOUR DREAMS TONIGHT



With beautiful illustrations and a touching message, *I'll See You in Your Dreams Tonight* offers families a space to discuss death and grief in a loving and compassionate way—and supports children through big emotions by showing them that remembrance and storytelling can keep their relationships with lost loved ones alive.

I'll See You in Your Dreams Tonight is a must-read for all family members who have experienced loss and are looking for a way to heal.

grief is good.



COMING SOON

Katie's new book for adults on how to learn to live with and love your grief will be debuting in early 2025. Subscribe below to keep in touch and be the first to know about the book.



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