

Music Memory Book



*I'll be seeing you in all the old familiar places that
this heart of mine embraces, all day through.*
- Billie Holiday

Create your own playlist 🎵

When you don't have the right words, music can be used to help express our emotions of grief and love. Using music in a memory book can be used as a way of remembering your person who died and reflecting back on memories and experiences you shared with them. The prompts are meant to guide you through the creation of your memory book and provide inspiration for your choices.

Grounding Activity

This activity can be **triggering**, so whenever you feel overwhelmed or distressed, **stop**, put your hand on your heart, focus on breathing in for four, and out for four and think,
"I am here, and I am safe".

Prompts:

Your person's favorite song:

A song that makes you think of them:

A song that represents your relationship:

A song you both enjoyed:

A song that makes you feel closer to your person:

A song that represents who your person is:

A song that represents your grief:

A song that moves you:

A song that you find relaxing:

A song that gives you strength:

A song you really enjoy:

Reflection:

As you do this activity, what are some **thoughts**, **feelings**, or **memories** that come to mind?