

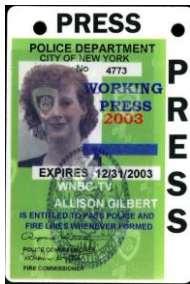


**Passed and Present:
Keeping Memories of Loved Ones Alive**

Allison Gilbert
Journalist and Author

November 8, 2018
Presented by Boeing

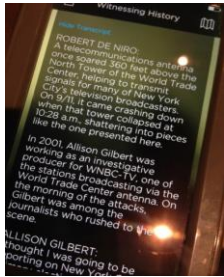




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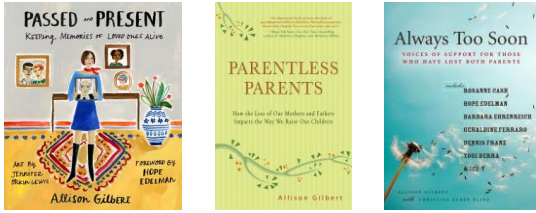
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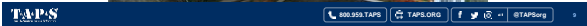
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Nostalgia =

- Happiness ↗
- Optimism ↗
- Healthfulness ↗
- Self-Esteem ↗
- Engagement ↗
- Connections to People ↗
- Connections to Present ↗
- Loneliness ↓







Where do you begin?





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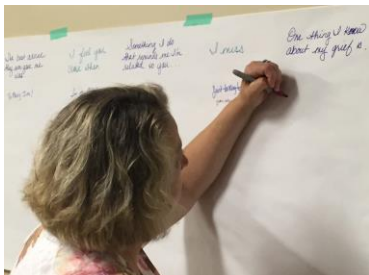
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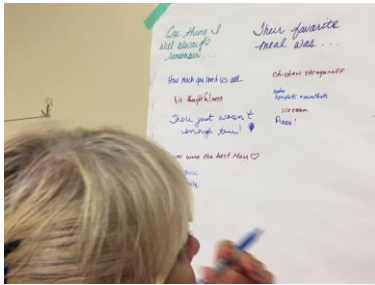
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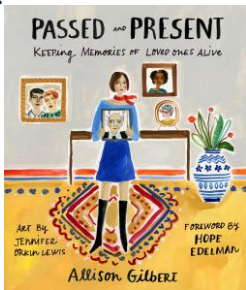
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Show & Tell

Horizontal lines for writing notes.



Horizontal lines for writing notes.

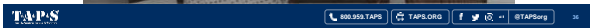


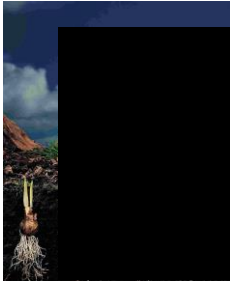
85 Opportunities

- Use technology
- Repurpose with purpose
- Places to go
- Not just holidays
- Monthly guide



Horizontal lines for writing notes.

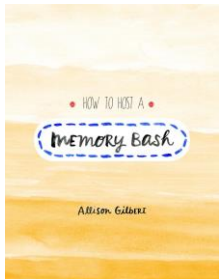




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Questions?



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About the TAPS Institute for Hope and Healing®

The TAPS Institute for Hope and Healing®, through an alliance with HFA, serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and for the public. The TAPS Institute for Hope and Healing® was launched in March 2018.



Upcoming TAPS Institute programs

- November 15— *Relaxation Meditation to Ease the Anxiety, Stress & Tension of Grief*
Presenter: **Heather Stang**, MA, C-IAYT
- December 4— *Coping with Waves of Grief During Special Times*
Presenter: **Patti Anewalt**, PhD, LPC, FT
- December 11— *After an Overdose Death: Understanding Your Grief*
Presenter: **Franklin Cook**, MA, CPC
- December 13— *Compassion Meditation for Meaning Making & Posttraumatic Growth*
Presenter: **Heather Stang**, MA, C-IAYT
- January 30— *Loss, Grief, and the Quest for Meaning*
Presenter: **Robert Neimeyer**, PhD

Visit taps.org/institute to learn more and register!





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