

10 Thoughtful & Unique Gifts to Give Adults Who Have Lost

10 THOUGHTFUL & UNIQUE GIFTS TO GIVE ADULTS WHO HAVE LOST

Dear friend,

If you would like to give a gift to someone who is grieving and offer a physical expression of your heart, do it.

In terms of what to give, it can be tricky. Everyone reacts so differently to loss. Introverts can become extroverts. Extroverts can become introverts. And if you ask someone who is grieving what they need, they likely will not know.

At the very least, what most people need and appreciate after loss is love and community. I still appreciate how my community showed up for me after my loss in ways that were unique and authentic to them. Everyone has something to offer another human being in pain, and that something always comes from the heart.

What follows are some meaningful gifts that I received after my loss that I hope help spark some ideas of your own.



*From my heart to
yours,*

Nikki

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1



A Red Rose Bush

A red rose bush to be planted in the yard. This symbol of love is a beautiful reminder of the cycle of life. When a friend handed me this gift she said, "Every time the plant blooms it will remind you of all the love that continues to grow with your son." This truly is the kind of gift that lives on...

2



Wine With Meaning

A bottle of wine with the vintage date on it that is the same as your loved one's birth year. Alternatively, you may find the name of a wine that is the same as the first, last, or nickname of the loved one who has passed away.

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3



Homemade Art

Artwork made by you or your children.
It's forever.

4



Messages From the Heart

A handwritten card or poem. When you
open your heart, it helps others who are
grieving open theirs.

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5



A Journal

Someone gave me a journal with a Celtic symbol on it, that activated my love of writing and saved my life.

6



A Soothing Art Project

An adult coloring book (with pens or colored pencils) or any kind of art project that activates creativity without stress.

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7



Personalized Merch

An item with the initials of their loved one on it. It can be a charm on a necklace or bracelet. Even initials on a cap or t-shirt can be really well received.

8

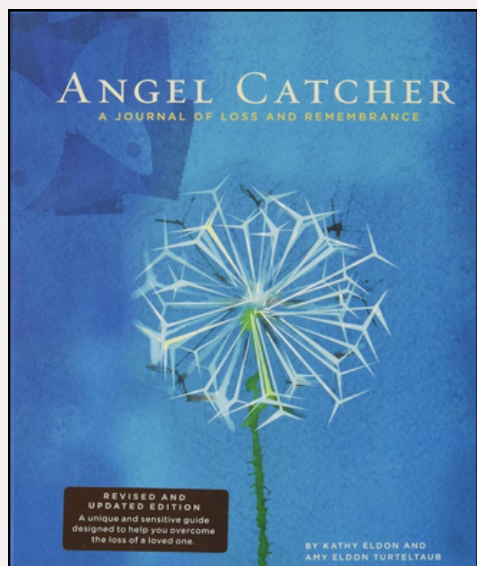


Healing Crystals and Stones

Some are beautiful for the home. Others are meant to be held and provide comfort. I was so in the dark, I knew nothing about them. But after being given a few, I carried them everywhere in a pocket and built up a meaningful collection that I treasure to this day.

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9



Books

Books that have helped you or others you know with loss and transformation. I have recommended a variety of books for different occasions and audiences, available at the [Resource](#) section of my website.

10

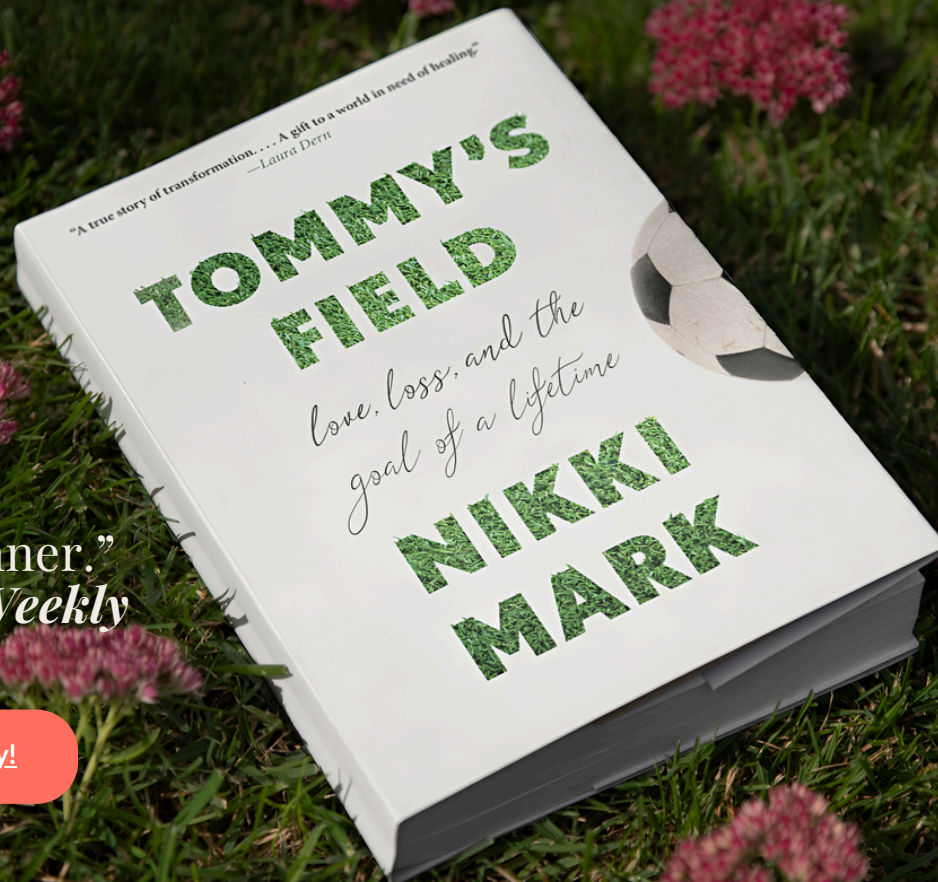


Candles

When we lose someone we love, candles hold all new meaning. Lighting a candle not only symbolizes the continuation of the spirit, but candles are calming; they brighten the energy of a room; and for many people, they are a hopeful reminder that our loved ones live on.



Sometimes what brings us the most pain can be the very source of our greatest inspiration.



“This is a winner.”
Publisher's Weekly

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**100% of author's proceeds are being donated to build more Tommy's Fields.*

In 2018, Nikki Mark's twelve-year-old son Tommy went to sleep one night and never woke up. Devastated, Nikki embarked on an unconventional journey to honor Tommy by building his legacy and healing her heart.

From raising over \$1,000,000 to build an athletic field in Tommy's name, to taking on big city politics, to exploring alternative healing modalities from meditation to mushrooms, Nikki now shares her intimate story of navigating grief with love and action – and a little coaching from beyond.



NIKKI MARK formerly developed and led operations for music, hospitality and sports team start-ups. She is the Founder of the [TM23 Foundation](#), which opened the first Tommy's Field in 2021, the second one in 2023—and now has a third field in the planning stages. Her weekly articles, alternative healing toolkit, and free resources can be found at [Nikkimark.com](#). She lives in Los Angeles with her husband, son, and dog Ginger.

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