

10 Thoughtful & Unique Gifts to Give Adults Who Have Lost



Some people really want to give a physical gift to someone who is grieving. And if you are one of those people, you should. Here are some beautiful gifts I received that are still incredibly meaningful to me and may spark some ideas of your own:

From my heart to yours,

Nikki

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If you have questions or would like additional recommendations, direct message @HealingwithNikki on Instagram.

#1 A red rose bush (or pick a favorite flower and color) to be planted in the yard. This gift is a beautiful reminder of the cycle of life. Every time the plant blooms the recipient will think of both you and their loved one. It's the gift that lives on...



#2 A bottle of wine with the vintage date on it that is the same as your loved ones 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.



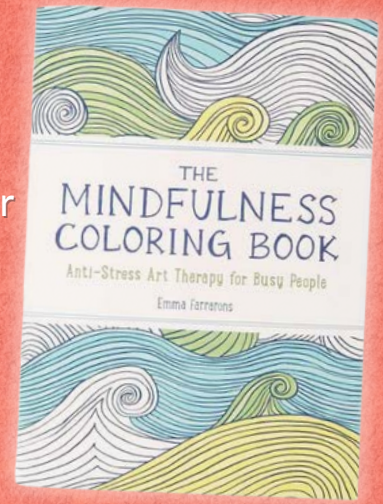
#3 Artwork made by you or your children. It's forever.

#4 A handwritten card/poem When you open your heart, it helps open theirs.

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



#7 An item with the initials of their loved one on it. Can be a charm on a necklace or bracelet. Even initials on a cap or t-shirt can be extremely meaningful.



#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.

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

