

Managing Sentimental Items

We often hold onto sentimental possessions which connect us to events or people we want to remember.

Here are a few creative ideas to make the most of them.

#1. Reduce

Do you really need to save the whole collection? Often a select sample will give as much pleasure. Rather than keeping a large bin of baby clothes, save only one or two favorite pieces or a cherished outfit given by a special family member or friend.

#2. Display

Are there childhood memories (or other mementos) forgotten in your basement or attic? Honor those items—and the memories they represent—by finding a way to display them, at least where *you* are able to enjoy them.

Challenge yourself:
If they're hidden away in boxes, why are you saving them?

#3. Keepsake Boxes

If you want to save treasured mementos but do not want them displayed, place them into a special keepsake box you can revisit from time to time. The box can have a theme such as a vacation or cards received over the years, or you can collate a mix of mementos to venture down Memory Lane.

#5. Photo Journal

After taking pictures, consider putting them into a small photo book or journal.

You can write out some memories to share why those items are special.

Keep this process simple; if it becomes a project, it may become burdensome and not get completed. Completing a journal is particularly helpful if you're dealing with a loved one's belongings.

Taking the photos and writing out memories can be very therapeutic in coping with grief.

#4. Take Pictures

Once you decide what you *are* keeping, take pictures of the things you are *not* keeping.

If parting with a child's stuffed animal collection, have fun arranging them as you take pictures. If figurines or tableware, set them up with flowers or candles to create beautiful pictures of them, which will later call to mind the memories attached.