Ways I am Growing Around my Grief



by using my Coping Strategies & Supports

understanding how I am grieving

and keeping my loved one's memory alive

My Coping Strategies

SOME IDEAS	\checkmark
Ask for help	
Walk around the block	
Play Music	
Call a friend	
Cup of tea or glass of water	
Garden	
Use positive self talk	
Repeat a mantra	
Play a game on iPad	
Make a gratitude list	
Write a letter or journal write	
Breath practice	
Watch a funny youtube video	
Go outside & look at the sky	
Be in nature/outside - trees/birds	
Check in: what do I need right now?	
Practice a meditation	
Organise something	

MY IDEAS / FAVES

More Coping Strategies

My support network: people I can reach out to

My healthy outlets / coping strategies

What I need to support my healthy coping:

Understanding my Grief

I feel emotionally activated when:

I'm proud of myself for:

I have the hardest time with:

I express my emotions by:

I am afraid of / I am afraid to:

Understanding my Grief

I am saddest when:

My best coping mechanism is:

I give myself permission to express my emotions by:

Other notes to myself about what I know (or have learned) about my grieving:

My (your loved one) What I know about my

(My) would want me to know....

(My) would want me to remember....

What (my) would tell me (or have to say) about (insert a situation)

Remembering

DATE:

The Ways I remember:	The Ways I keep's memory alive
The Ways I honor my eg mark a spot in their honour (a seat, a tree, or plant a tree/shrub), begin a tradition to remember them, share their stories & photos, do an activity you enjoyed together, keep something of theirs, or something that reminds you of them, with you.	The Ways I continue my relationship with my eg. talk to them, write to them, visit their grave, keep photos of them around, incorporate them into special days, imagine advice they would give me, talk about them to people who never knew them, or people who did

MY

write down the important things you wish to remember about them, have learned from them, the qualities you loved about them

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