GRIEF WORKBOOK / BEGIN

There is room for your grief

Your loss matters. You do not have to grieve in a certain way.

Your pace, your choice

These pages offer gentle reflection, not a treatment plan. Grief is not a fixed sequence of stages. You can feel many things, nothing clear, or different feelings from day to day.

What I want these pages to hold

You can name a loss, write a symbol, or leave this blank. You do not have to describe what happened.

What I need right now

Would comfort, quiet, company, rest, or practical help be useful today?

No deadline for meaning

You do not need to find a lesson, feel grateful, forgive, or feel hopeful on demand. Skip any page that does not fit.

U.S. crisis support: call or text 988. In immediate danger, call 911.

GRIEF WORKBOOK / NOTICE

Notice the waves

Grief can affect your thoughts, body, and daily life.

What has been showing up?

Name any feelings, body sensations, or changes in routine that you want to notice.

What makes a day tender?

Are there dates, places, tasks, or reminders that bring a wave? Keep details brief if that feels better.

What offers a little room?

What helps you get through a wave: company, quiet, a familiar object, movement, or a break from reminders?

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GRIEF WORKBOOK / PRACTICE

Care for the day in front of you

Basic care can be enough for today.

One need for my body

What food, water, rest, medication routine, or medical care needs attention? Choose one manageable action.

One task I can set down

What can wait? What could someone else handle or do alongside you?

One gentle moment

Choose something neutral or comforting. You are allowed to rest, laugh, or enjoy a moment without erasing the loss.

Ask early

If grief makes daily life feel unmanageable, a grief counselor, support group, or healthcare professional can help. Support is not only for a certain point on a timeline.

GRIEF WORKBOOK / EXPLORE

Connection on your terms

You can choose what to share and what to keep private.

What I want others to know

Finish: “It helps when...” and “Please do not...” You can be specific about practical needs.

A message I could send

Try: “I do not need advice today. Could you listen for a few minutes?” Adapt this to your needs.

A memory or meaning, only if wanted

Write, draw, or name a way to honor what matters. It is also okay to leave this space empty.

GRIEF WORKBOOK / PLAN

Plan for a tender day

A flexible plan can reduce the number of decisions.

The day I am thinking about

Name a date, gathering, or task. What part feels hardest?

My choices and limits

What will you attend or do? How could you step away? Who can help you leave or change plans?

Care before and after

Choose one support before the day and one gentle action afterward.

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GRIEF WORKBOOK / CARRY FORWARD

Carry support with you

Grief and care can exist together.

What has helped me feel understood?

Name a person, place, group, practice, or kind of support you would like more of.

What I want to ask for

Write one question for a counselor or one request for someone you trust.

When more help is needed

Reach out if distress keeps you from basic care, sleep, relationships, or daily tasks. If you might hurt yourself or feel unable to stay safe, seek immediate human support.

Read more from trusted sources

VA: Grief - Taking Care of Yourself After a Loss
https://www.ptsd.va.gov/understand/related/related_problems_grief.asp

NIMH: Caring for Your Mental Health
https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Original reflection exercises by Grace in Healings. For immediate support, visit Our Healing Room / Crisis Support.