A PAUSE, A PRACTICE, A NEXT STEP

Grief

Make room for love, loss, and changing feelings.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name what is present

Try a simple description: “Today I feel sad and tired.” You can also say, “I do not know what I feel.” No explanation is required.

01 / Notice and reflect

What loss am I carrying today?

02 / Notice and reflect

What basic need could use attention?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Reach out when grief feels unmanageable, daily functioning remains severely affected, or depression, substance use, or isolation is increasing. Support is appropriate at any point. Thoughts of suicide or inability to stay safe need immediate help.

Read more: NIH · Coping with grief

More tools and immediate support: Our Healing Room / Crisis Support.