

Grief Care

Your Grief Care Plan
This your personal plan to follow.
You can change it at anytime.

What I need Daily

- _____
- _____
- _____
- _____
- _____

Eat, sleep, pray, rest....

Things I like to do that make me feel good.

- _____
- _____
- _____
- _____
- _____
- _____

Watch a movie, hangout with friends, read a book, binge watch a series, spend time with loved ones, arts & crafts, decorate, help someone in need.

Who can I reach out to?

- _____
- _____
- _____
- _____

Can I be as good a friend to myself as I could be to others?

Some distractions that I can define.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Where are my "calm" places.

- _____
- _____
- _____
- _____

Pick a scene and use your imagination to go there!

OTHER RESOURCES THAT HELP ME (online, books, podcasts, community support groups, faith)