



JOURNALING

FOR SELF-CARE



WORKBOOK



Welcome!

I am Lin Findlay. I am a grief educator, small business owner, mother and grandmother. I have spent most of my adult life supporting grieving families through the funeral homes I work for. For over thirty years, it has been my greatest honor to walk with grieving families.

I know I can't take your grief away, nor can I tell you how you will get through it. What I can tell you is this: I know how to support you. I know that there are many tools that you can use to help you cope. One tool is Journaling. Journaling can provide a safe place where you can express your thoughts, feelings and emotions. Your journal writing is for your eyes only, unless you decide to share!

Following the prompts in this journal can help to start you to write about your experiences. Using this journal or any notebook, begin to write. I wish you God's blessings along the way.

Lin Findlay



ABOUT ME

I know a bit about loss. I lost my grandmother, who raised me when I was 15 years old. I lost my mother when I was just 26 years old. Then the biggest tragedy struck when I lost my first born Daughter in 1989. She died shortly after birth. It was the loss of my precious daughter that started me on the road to helping others. Grief is a long hard road. In time we heal. Healing does not mean forgetting. There is hope. Please hold on to that hope for yourself. In time, you will find the road a bit more bearable! My hope is this journal will help!

JOURNALING PROMPTS

How do you physically feel at this moment?

How do you emotionally feel at this moment?

Write down all aspects of the perfect "you day".

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Write about your daily grief challenges.

Write about your regrets.

Write about any anger you may feel.

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Write a Letter To Your Loved One.

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Write about what is on your mind!