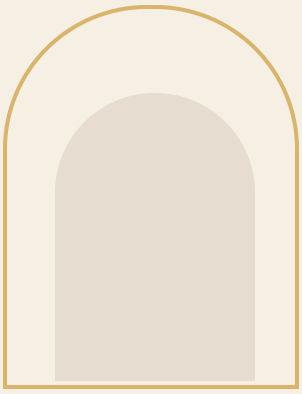
FREE GRIEF AND LOSS WORKSHEET

Grieving while *staying strong*



Grief is what love feels like when someone or something is gone. Many of us are expected to keep working, keep caring for others and keep holding everyone together while we mourn. You are allowed to grieve, even while life keeps asking things of you.

Grief can look like

Waves of sadness · **Numbness** · **Anger** · **Guilt** · **Trouble sleeping** · **Forgetfulness** · **Tiredness** · **Not wanting to talk** · **Keeping busy** · **Feeling okay, then not okay** · **Physical aches** · **Questioning everything**

Grief isn't only about death. It can follow a divorce, a move, a lost dream, a miscarriage, an estrangement or a diagnosis.

1 Let it come in waves

Grief doesn't move in a straight line. Good days and hard days can sit side by side. Neither one means you are doing it wrong.

2 Make room to feel

Being strong all day can mean the tears come at 2 a.m. Set aside small moments to feel on purpose: a drive, a walk, a journal.

3 Lower the load

Grief is heavy work. Say no where you can, and let "good enough" be enough for now.

4 Let someone in

You don't have to be everyone's rock. Tell one person the truth about how you are doing.

5 Remember out loud

Say their name, tell stories, cook their recipe, keep a ritual. Love continues.

6 Expect hard dates

Birthdays, holidays and anniversaries can bring grief back. Plan ahead for gentleness.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

Reflect and remember

What or who I am grieving

What I miss most

Where I feel I have to stay strong

work, family, church, friends, kids

One place I can let my guard down

A letter to what I've lost

Write what you wish you could say: thank you, I'm sorry, I miss you, I'm angry, I remember.

Hard dates coming up, and my plan

Ways I want to remember

When to reach out

If grief feels stuck, you can't function day to day after many months, or you are having thoughts of not wanting to live, please talk to a therapist or your doctor. Grief support is not a sign that you are grieving wrong.