CAREGIVERS SAFE SPACE

Caring for those who care for others.

You Are Not Alone

Grief SUPPORT REFLECTION

Name: _____

Date: _____

Today I choose: _____

_____

HONORING YOUR FEELINGS. HEALING AT YOUR PACE.

WHAT HELPS ME HEAL?

Select the activities that support you during your grief journey.

EMOTIONAL SUPPORT

- ☐ Allow myself to feel my emotions
- ☐ Talk about my feelings
- ☐ Journal my thoughts
- ☐ Cry when I need to
- ☐ Look at photos or keep memories
- ☐ Join a support group
- ☐ Talk to a counselor or therapist
- ☐ Lean on family or friends
- ☐ Find comfort in my faith
- ☐ Read encouraging words
- ☐ Give myself grace

GENTLE SELF-CARE

- ☐ Get enough rest
- ☐ Take deep breaths
- ☐ Spend time in nature
- ☐ Listen to calming music
- ☐ Drink herbal tea
- ☐ Eat nourishing foods
- ☐ Move my body (even a short walk)
- ☐ Practice meditation or prayer
- ☐ Do something I enjoy
- ☐ Set small, realistic goals
- ☐ Remember it's okay to ask for help

REFLECTION

What am I feeling right now? What do I need?

_____

_____

_____

Grief is love with no place to go, and it takes time.

NOTES

_____

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Healing Happens Here.

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www.caregiverssafespace.org

YOU ARE SEEN.
YOU ARE HEARD.
YOU ARE NOT ALONE.