



## Grief is a human response to the loss of someone or something that matters to us.

Grief is often an expression of our love and our values. There is no one right way to feel or respond when grieving and there is no correct timeline. Just as it is okay to feel big and overwhelming feelings, it is okay to feel numb or to feel relief.

The following reflection is designed to help you think about the support you might need for your grief now and going forward.

### How am I doing today?

Physically: 😊 😐 😞    Mentally: 😊 😐 😞    Emotionally: 😊 😐 😞

Things that have helped me get through so far, even if only in small ways: (e.g., sleep, nutrition, showers, art, time with certain people/animals, being busy/not busy, talking about the loss, talking about anything but the loss, nature, music, tears, laughter, movement, massage, etc.)

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I could use some help with: (e.g., cleaning, errands, child/animal care, eating, sleep, space to talk about the loss, a break from focusing on the loss, an extension on a deadline or task, physical pain, estate administration, etc.)

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### People who might be able to help:

Friends \_\_\_\_\_

Family \_\_\_\_\_

Colleagues/classmates \_\_\_\_\_

Neighbours \_\_\_\_\_

Mental health providers \_\_\_\_\_

Medical provider \_\_\_\_\_

Spiritual/faith supports \_\_\_\_\_

I wish the people trying to help understood that:

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