

Affirmations throughout Grief

Grief can really play tricks on our minds, so let's give ourselves gentle affirmations as a tool to encourage us along our journey. We'll get you started, but the rest are up to you!

What do you need to hear?

For myself:

I will be gentle with myself as I am learning about my grief journey.

For my life:

I am courageous for showing up every day - even when it may not feel like it.

For those supporting me:

I know not everyone can show up in the ways I need them to, and I will strive to understand that.

For my grief:

I have never been here before, so I will be compassionate with myself throughout my experience.

For my heart:

I will care for my hurting heart.

For my brain:

My brain is trying to process difficult thoughts and emotions. I will give it extra support.

Compassionate reminders for myself:

While grief is a natural experience, it can be challenging and can feel heavy. I deserve to take care of myself in ways that feel supportive to my own journey.