



# GRIEF IS NATURAL

## COMPASSIONATE REMINDERS

Grief can be such a complex and trying experience that we may forget that it is a natural and universal journey - that is experienced in such unique ways.

Do you ever feel like you need compassionate reminders that your journey is just for you and can not be right or wrong? Here is the place to write some gentle reminders to yourself. Imagine you are writing to a friend who needs to hear these messages of compassionate permission and unconditional acceptance. What would you say to them? Please take time to know that these are true for you and your journey too.

