



# GRIEF THOUGHTS

*for the tough days*

ON THE DAYS WHEN GRIEF FEELS HEAVIER AND HARDER TO CARRY, WE MAY NEED SOME OF THESE THOUGHTS OR REMINDERS TO HELP US REMEMBER THAT WE ARE NOT ALONE IN OUR THOUGHTS AND FEELINGS OF GRIEF. FEEL FREE TO ADD OTHER NOTES OF LOVE AND COMPASSION THAT YOU MAY NEED REMINDERS OF. WE ALL NEED SOMETHING DIFFERENT, AND THAT'S OK!

HERE ARE SOME THOUGHTS TO GET YOU STARTED :

IT'S OKAY NOT TO FEEL  
OKAY

THERE IS NO TIMELINE ON  
MY GRIEF

MY GRIEF IS UNIQUE AND  
CANNOT BE COMPARED

I WILL ALLOW MYSELF  
TO DO WHAT FEELS RIGHT  
TODAY

MY FEELINGS ARE VALID

SELF-CARE IS NOT  
SELFISH, IT'S NECESSARY

THERE IS NO RIGHT OR  
WRONG WAY TO GRIEVE

WHAT DO I NEED RIGHT  
NOW TO HELP?

IT'S OK TO TAKE A  
BREAK: TO GRIEVE OR  
FROM GRIEF

STRENGTH MAY LOOK  
LIKE FALLING APART

NOT EVERYDAY WILL  
FEEL LIKE THIS

I AM NOT BURDENING  
PEOPLE BY REACHING  
OUT FOR SUPPORT