

HOPEFUL REMINDERS

It is common to run into times in life - especially during grief - where we just feel stuck. It might be due to certain stressors that are on our minds, different times of year that we struggle with, or even a pandemic that might be wearing on us. The list can be as unique as we are.

During these times, we may not be able to just "snap out of it" as we commonly hear in our culture, but we can give ourselves little hopeful reminders that can give our brains and hearts a break from our current stress or struggle. It can give us something to look forward to, or may just allow us permission to set something aside.

Use this page as a living document of gentle reminders of happiness, hope, comfort, and compassion. During times of struggle, all we need to do is pull out this sheet and sink into those hopeful moments. .

When I need more hope, I can ...

When I need a break, I will ...

Gentle reminders for myself ...

I'm looking forward to ...

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