

# Taking some time for me

FINDING OUTLETS TO  
LOOK INWARD THROUGH GRIEF



**HORIZON**  
Grief Resource Center

# Compassionate Reminders

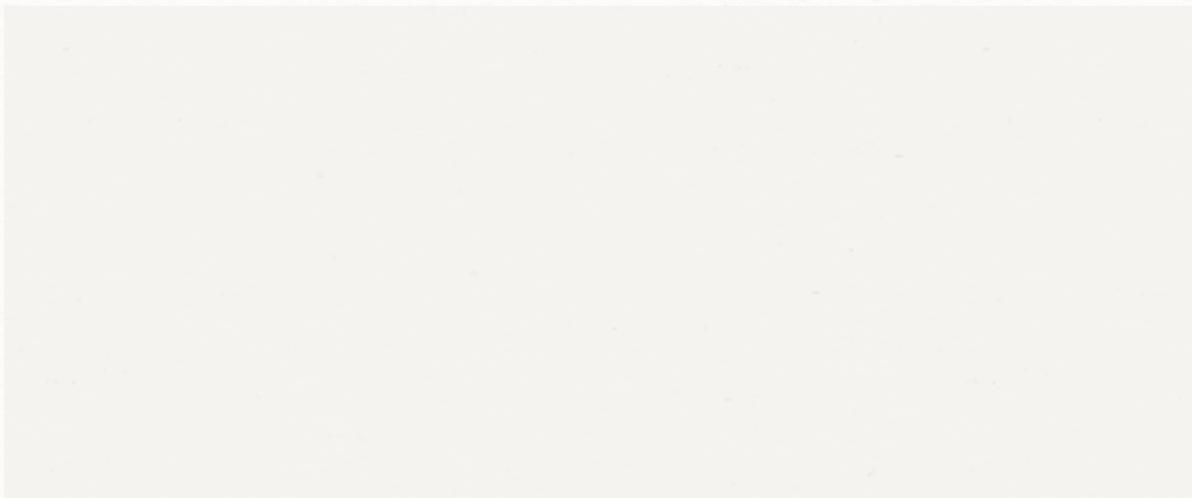


During the difficult ebbing and flowing of grief, it can be important to have gentle reminders reminding us of the deep well of self-compassion we have within us - that can go untapped. These reminders might be messages you have for yourself or messages you hear from others. These can be utilized to help us find courage, comfort, and compassion.

IN THE MIDST OF STRUGGLE, PLEASE REMEMBER:



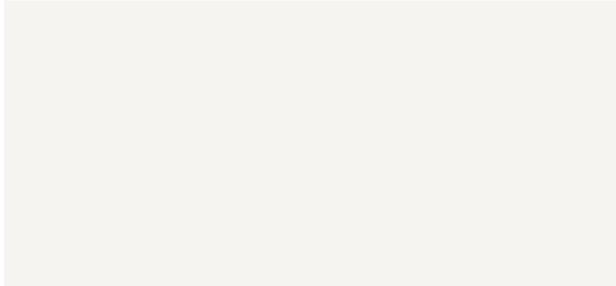
IN TIMES OF GREAT SADDNESS, PLEASE REMEMBER:



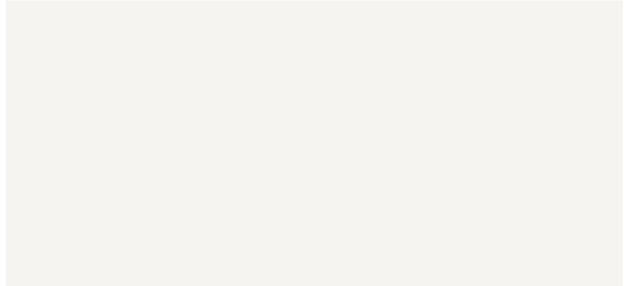
# Re-learning Me

When grief comes into our lives, we may not feel like our "normal" selves. You are not alone. Grief can change so much of how we think and live. Now that we are here, let's work on re-learning what this will look like going forward. Have some of your views on life changed? Do you find strengths that you lean on in these times? Check in with yourself and find what shifts you've experienced so far.

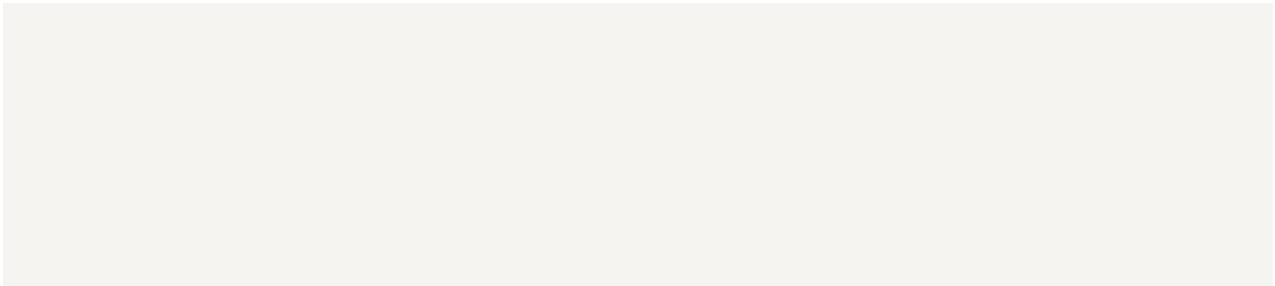
CHANGES I'VE NOTICED:



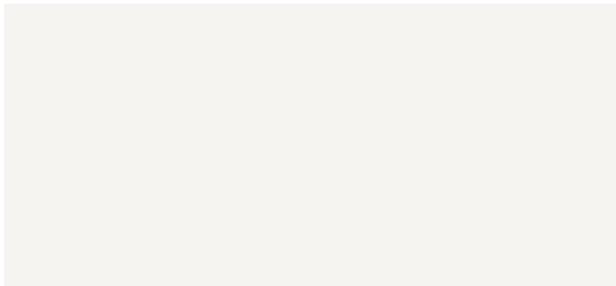
HOW DO THEY FEEL?



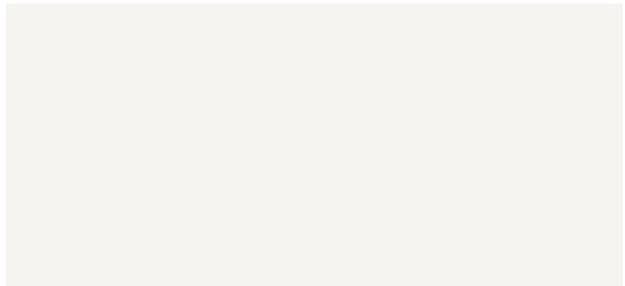
THINGS THAT HAVE STAYED THE SAME:



THINGS I NEED NOW:



HOW CAN I MEET THESE NEEDS?





# Always growing

We may feel "stuck" sometimes in grief, we are always growing and changing. Even though we may note that this grief was thrust upon us, we still have the choices, even in the time, to figure out what we would like to do from here. Create some ideas of how you would like to continue growing through grief.

WHAT GOALS OR DREAMS DO I HAVE FOR THE FUTURE?

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WHERE WOULD I LIKE TO PUT MORE ENERGY?

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WHAT IS SOMETHING I CAN DO RIGHT NOW TO HELP?

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