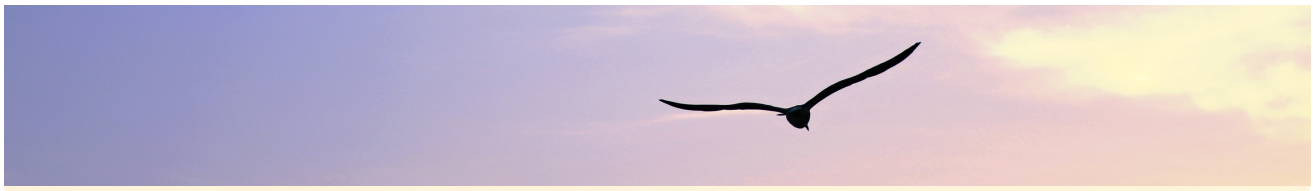
What's weighing on me?

Are you feeling a bit weighted down, but don't know exactly why? Let's take some time to think if it might be emotional, physical, spiritual, relational (like family or friends), mental, or something else. Grief manifests through many areas in our lives. Sometimes it's nice to write down your thoughts/feelings/experiences and see if there is something you can do to help yourself or maybe it's just coming up with different ideas on how we can best cope with these heavy things.

WHAT'S WEIGHING ON ME?	WHAT DO I DO OR HOW CAN I COPE?



GENTLE NOTES FOR MYSELF