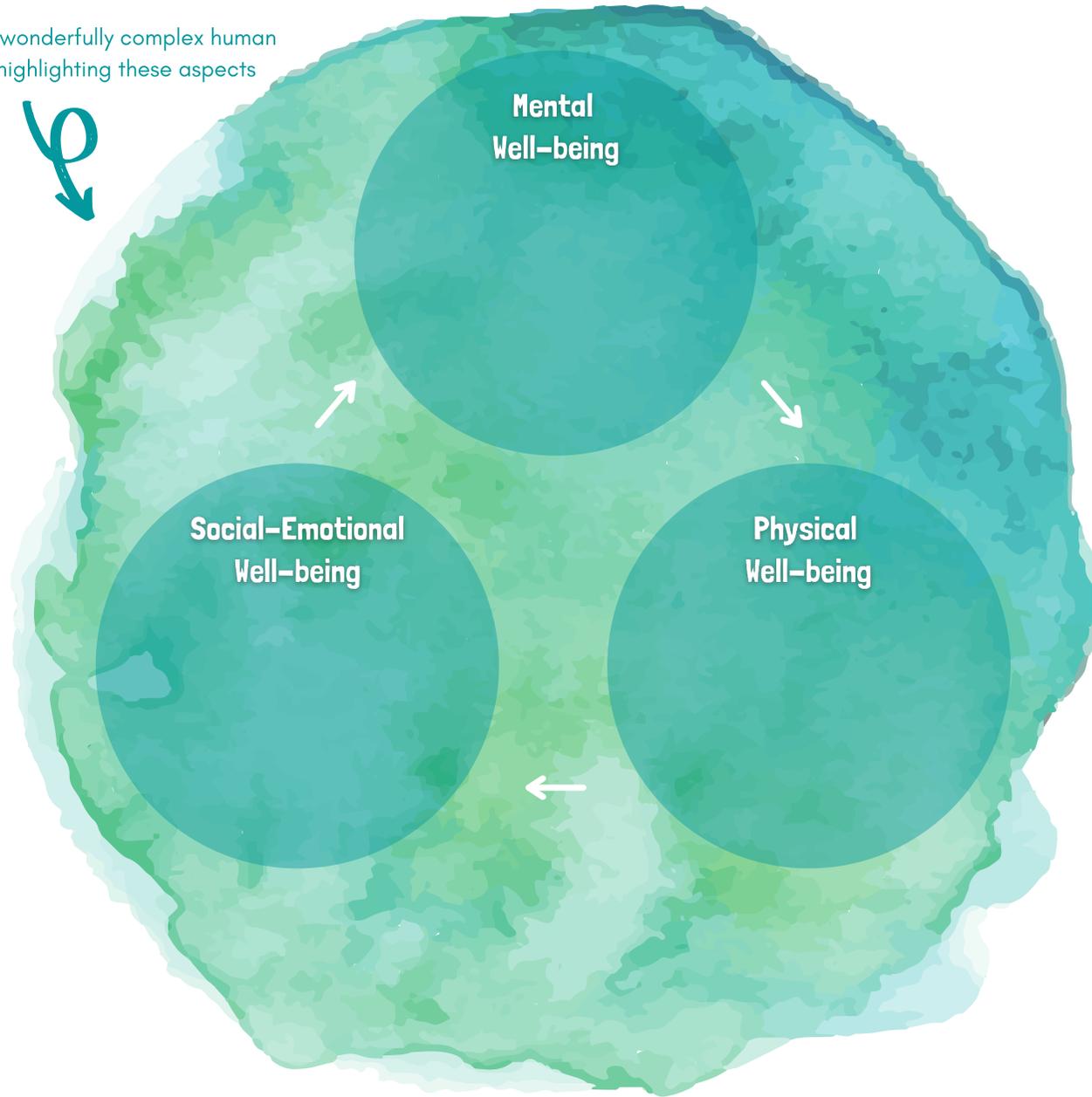


This is you - a wonderfully complex human
we are just highlighting these aspects



PERSONAL WELL-BEING

Experiences of grief can effect our bodies, minds, hearts, and souls, so it only makes sense that we would care for ourselves in multidimensional ways as well. Take time to write down how you are currently caring for yourself in the areas above, or even brainstorm about how you would like to start caring for yourself in the midst of grief. If you have other ways you are caring for yourself, write them somewhere else on this page to give yourself some credit for the hard work - it's also nice to see a full picture of all you are working on!