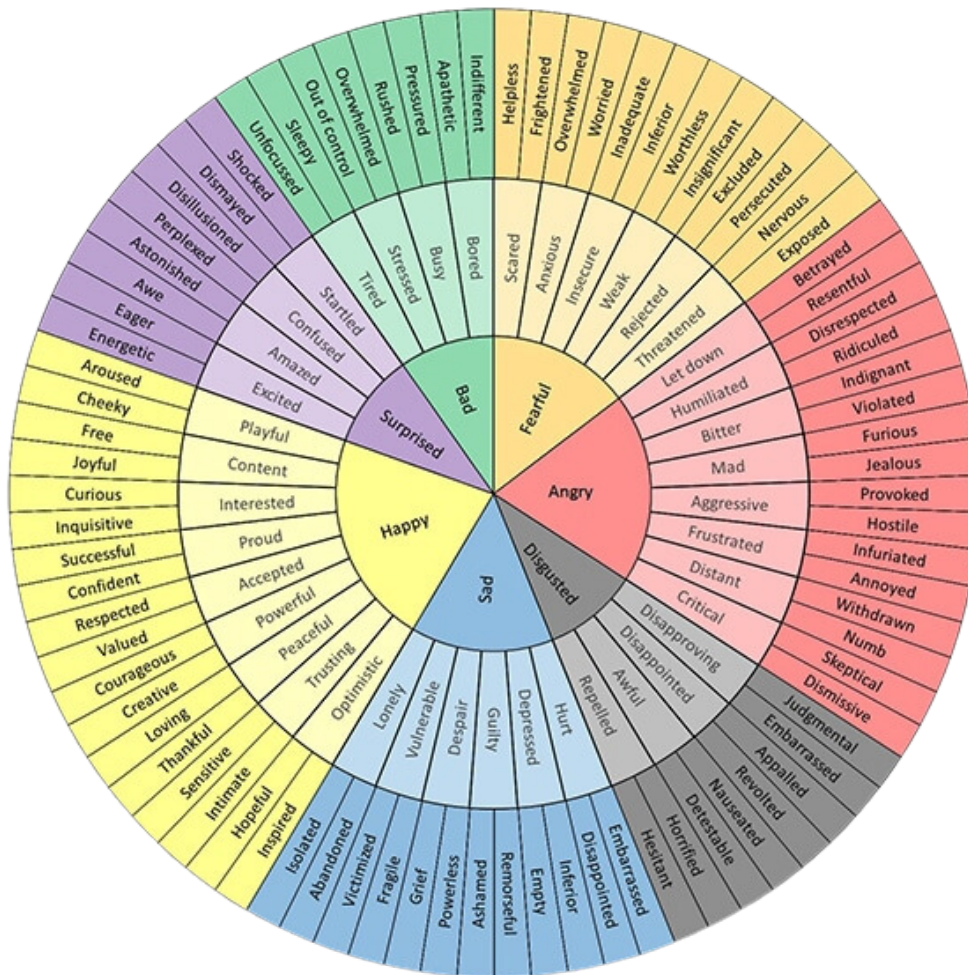




COPING WITH LOSS JOURNAL

FEELINGS *fairground*

Review the 'Emotion Wheel' provided and circle the emotions experienced since your loss. Reflect on your chosen emotions, considering why you selected them and how they've affected you. Think about coping strategies used to manage these emotions. Optionally, share reflections in a supportive environment.



Reflecting on the broader context of grief and loss, how do societal attitudes and expectations influence the way you perceive and express certain emotions?



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LOVE NOTES

words unspoken

Write a heartfelt letter to your deceased loved one, whether human or non-human, expressing your thoughts, feelings, and any unfinished business. Pour out your emotions, express gratitude, seek closure, and find solace in the act of communication. Allow yourself to heal and honor your relationship through this powerful and cathartic process.



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MEMORY

lanes of love

In this activity, dedicate a section of your journal to treasured memories of your loved one. Choose significant moments, gather photos or mementos, and create a collage or scrapbook page. Write descriptions, add personal touches, and express your feelings. Revisit your memorial page for comfort and solace.

