



SELF-CARE DURING GRIEF WORKSHEET

FEEL-GOOD *finder*

Take some time to conduct a self-care inventory by reflecting on your current self-care practices. Below is a list of self-care activities. Mark each activity to indicate whether you currently engage in it, and identify any new activities you would like to try.

- Exercise (e.g., walking, yoga, swimming)
- Meditation or mindfulness practices
- Spending time in nature (e.g., hiking, gardening, picnics)
- Journaling or writing
- Spending quality time with loved ones
- Practicing self-compassion and positive self-talk
- Engaging in creative expression (e.g., art, music, cooking)
- Relaxation techniques (e.g., deep breathing, progressive muscle relaxation)
- Setting boundaries and saying no when needed
- Seeking support from friends, family, or a therapist
- Practicing gratitude and appreciation for small moments
- Prioritizing rest and adequate sleep

Are there any self-care activities you used to enjoy but have neglected recently?
What can you do to reintroduce them into your life?

What steps can you take to ensure that self-care remains a consistent part of your routine, especially during times of grief?



The Mind Garden
bloom where you're planted

SUNRISE

to sunset

In this activity, we'll create a daily self-care plan to help navigate the grieving process. Begin by dividing your day into morning, afternoon, and evening sections on the provided template. Consider activities that nourish your mind, body, and spirit, such as mindfulness exercises, physical movement, or connecting with loved ones. Fill in specific activities you plan to engage in each day, ensuring a balanced approach to self-care throughout the day.

MORNING

AFTERNOON

EVENING





The Mind Garden
bloom where you're planted

FOND

farewell

This activity guides one to reflect on their support network, communicate their needs, and reach out for support. After completing this, take a moment to reflect on the impact of your connections and consider steps to nurture supportive relationships further.

Who are the individuals or groups in your life that you can turn to for support?

What specific types of support do you find most helpful during times of grief?

How can you proactively reach out to those who can offer support?

How can you express your feelings and needs openly and honestly with others?