



GRIEF SUPPORT NETWORK WORKSHEET

COMPANION *cartography*

Visually map out your grief support network to gain clarity on your sources of support and identify any potential gaps. List the names of individuals or groups who offer support, along with their roles and contact information. You can use this template to map out your network, highlighting primary sources of support and areas where additional support may be needed.

Who are the individuals or groups in your support network, and what roles do they fulfill (e.g., friend, family member, therapist)?

Which individuals or groups do you consider as primary sources of support in your network?

Can you identify any potential gaps or areas where additional support may be needed in your network?

How has your support network supported you during difficult times, and how do you plan to nurture and strengthen these connections?



The Mind Garden
bloom where you're planted

ASSESSING

allies

Reflect on the types of support you currently receive, and identify areas of strength and potential gaps in your support system. Consider various types of support, including emotional, practical, and spiritual, and to pinpoint areas where additional support may be beneficial.

What types of support do you currently receive from your network, including emotional, practical, and spiritual assistance?

Can you identify any gaps or areas where additional support may be needed within your network?



What strengths do you identify in your support network, and in which areas does it provide effective support?

How do you plan to address any identified needs for additional support, such as seeking out new relationships or accessing professional services?



HEALING

huddle

The following is a bingo card with supportive actions listed. Choose and complete activities that resonate with you. Strike off the ones you've done. Aim for a bingo pattern or blackout bingo. This activity supports and empowers you through your grief journey.

Listen to soothing music	Write in a journal or diary	Go for a walk in nature
Call a supportive friend or family	Watch a favorite movie	Light a candle in memory
Spend time with a pet	Take a relaxing bath or shower	Engage in a favorite hobby
Cook or bake a comforting meal	Meditate or practice mindfulness	Create a memory box or scrapbook
Visit a place that holds memories	Attend a support group meeting	Do something creative or artistic

What supportive activities did you find most helpful during this bingo activity, and why? How do you plan to incorporate these activities into your ongoing grief journey?