

DEALING WITH SADNESS & GRIEF



The Mind Garden
bloom where you're planted

SUNSHINE

memory capsule

In this exercise, you're invited to capture your most cherished moments, achievements, and joys in a physical jar. By writing down these positive experiences, you're creating a personal sanctuary of happiness.

Step 1: Collect a jar, colorful paper, and a pen. Choose items that hold sentimental value, connecting you with your lost loved one.

Why did you choose these particular items? Is there a significance behind them?

Step 2: Recall moments with your loved one that brought joy, laughter, or warmth to your heart. Write down these cherished memories on the colorful paper, allowing your feelings to flow as you pen them down.

**Share one memory that brought a smile to your face as you wrote it.
What emotions did it evoke?**

Step 3: Fold each note with care and place them inside the jar. As you put in each memory, take a moment to acknowledge the love and connection you shared. Imagine your loved one smiling alongside you.

**How did it feel to physically place these memories into the jar?
Did you experience a sense of closeness or comfort?**

Step 4: Position your Memory Jar in a place of honor. Whenever you miss your loved one, open the jar and read a note. Let their essence fill the room, reminding you of the love you shared. Reflect on the impact they had on your life.

**Where will you keep your Memory Jar?
How do you anticipate this practice will help you navigate your grief journey?**

UNSPOKEN



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farewell letter

Step 1: In this deeply personal activity, take a moment to reflect on everything you wanted to say but never got the chance to. Pour your heart out; share your unspoken thoughts, feelings, and words left unsaid.

Step 2: Allow your pen to flow freely. Write as if the person or thing you lost is listening. Express your love, regrets, and gratitude. Let this be your opportunity to find closure and heal unspoken wounds.

Step 3: Embrace the process. Let your emotions guide your words. When you're finished, you might find a sense of release and peace in expressing what was left unspoken.

Step 4: Read your letter with love and understanding. Remember, this exercise is a step toward healing and a tribute to your enduring connection.

KINDNESS



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in randomness

In memory of your loved one, engage in random acts of kindness. These small gestures can bring warmth to someone's day and keep the spirit of kindness alive. After each act, jot down what you did below and reflect on the impact it might have had.

Description



Impact

Description



Impact

Description



Impact



COLLAGE

for tribute



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Create a collage that embodies your cherished memories. Use the space below to arrange pictures, words, and symbols that reflect your relationship with your loved one. Let your heart guide this artistic tribute.

