## GRIEF RELIEF

JOURNAL

Journal from ALTLIFE.COMMUNITY

#### the

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This journal is designed to help you navigate the emotional journey of coping with your loss. The grieving process is a personal and individual experience, and there is no right or wrong way to do it.

This journal is intended to provide you with a safe and private space to express your thoughts and feelings about your loss. You will find prompts and exercises that can help you process your emotions, reflect on your memories and gain some perspective on your situation. This journal will help you find some comfort and healing and help you navigate the rollercoaster of emotions that come with grief.

We encourage you to use this journal regularly and to be honest and open with your thoughts and feelings. Take your time and work through your emotions at your own pace. Remember that grief is a normal and natural process, and it takes time to heal. And it's okay not to be okay but to keep moving forward. Please know that there is no time limit for grief and healing. This journal will be here for you whenever you need it.

"NEVER. WE NEVER LOSE OUR LOVED ONES. THEY ACCOMPANY US; THEY DON'T DISAPPEAR FROM OUR LIVES. WE ARE MERELY IN DIFFERENT ROOMS."

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# REFLECTION & MEMORIES



The memories we shared will live on forever in my heart.

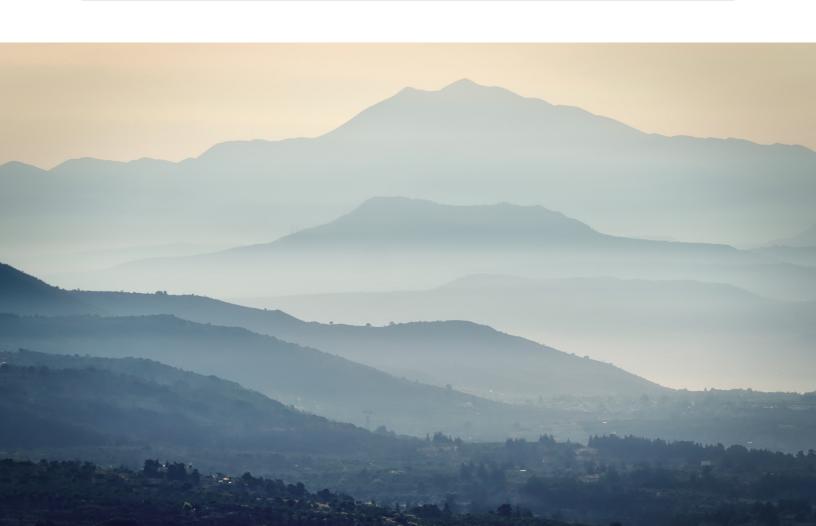
This section of the journal is dedicated to reflection on memories. We know that losing someone or something is hard, and it can be difficult to come to terms with the fact that we can no longer share new memories with them.

Reflecting on the memories we shared can be a way to honor the person or thing we lost and keep their legacy alive.

We encourage you to take your time and be honest with your thoughts and feelings as you reflect on your memories.

It's important to note that reflecting on memories can be a powerful way to cope with loss and find peace. but it can also bring up feelings of sadness and pain.

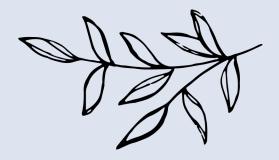
It's important to take care of yourself and to stop if you feel that it's too hard.



## WRITE A LETTER TO YOUR LOVED ONE TELLING THEM WHAT THEY MEAN TO YOU

### WHAT WAS YOUR FIRST MEMORY OF YOUR LOVED ONE?

"I AM GRATEFUL FOR THE TIME I HAD WITH MY LOVED ONE."



### WHAT IS YOUR FONDEST MEMORY OF YOUR LOVED ONE?

#### DESCRIBE A SPECIFIC MOMENT OR EVENT YOU SHARED WITH THEM THAT YOU WILL ALWAYS REMEMBER.

"I AM STRONG
ENOUGH TO FACE
THIS AND I WILL
COME OUT
STRONGER ON THE
OTHER SIDE."



### WHAT ARE SOME OF THE THINGS YOU LEARNED FROM THEM?

### WHAT WAS YOUR LOVED ONE KNOWN FOR?

"I TRUST THE PROCESS OF HEALING."



### WHAT WAS YOUR FAVORITE THING ABOUT THEM?

### WRITE ABOUT A TIME WHEN YOUR LOVED ONE MADE YOU LAUGH

"I CHOOSE TO FOCUS ON THE GOOD MEMORIES AND TO LET GO OF THE PAIN."



### WHAT WAS YOUR LAST MEMORY WITH THEM?

## WHAT DO YOU WISH YOU COULD TELL THEM NOW?

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## EMOTIONS & FEELINGS

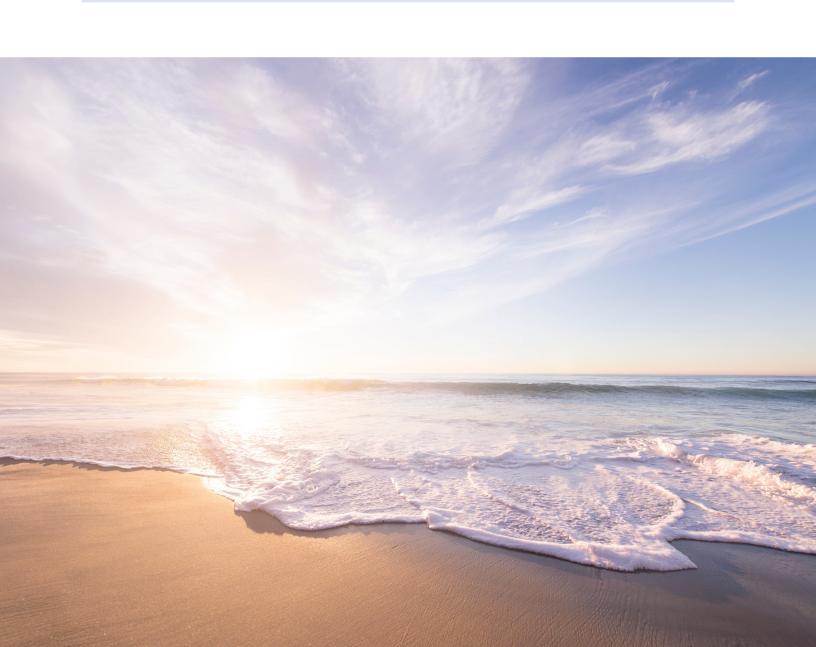


Its okay to feel a vange of emotions and to let them pass through me.

This section of the journal is dedicated to exploring and expressing emotions and feelings related to your loss. Grief can be an overwhelming and confusing experience, and it's important to allow yourself to feel and process your emotions.

This section will provide prompts that will help you to identify and express your feelings, whether they are positive or negative. Remember that there is no right or wrong way to feel, and that it's okay to feel a range of emotions.

It's important to remember that emotions can change rapidly, especially when one is going through a difficult time, and that is normal.



#### WHAT ARE YOU FEELING TODAY?

## WRITE ABOUT A TIME WHEN YOU FELT A STRONG EMOTION TODAY.

"I CHOOSE TO FIND MEANING IN MY LOSS."



## WHAT EMOTIONS COME UP WHEN YOU THINK ABOUT YOUR LOVED ONE?

## HOW HAS YOUR LOSS AFFECTED YOUR EMOTIONS?

"I RELEASE THE PAIN AND LET IN HEALING."



## WHAT ARE THE THINGS THAT TRIGGER YOUR EMOTIONS?

## HOW DO YOU DEAL WITH DIFFICULT EMOTIONS?

"I AM SURROUNDED BY LOVE AND SUPPORT."



## HOW HAS YOUR LIFE CHANGED EMOTIONALLY SINCE THE LOSS?

## WRITE ABOUT A TIME WHEN YOU FELT AT PEACE WITH YOUR LOSS.

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"I HONOR MY FEELINGS AND EMOTIONS."



## WHAT ARE THE EMOTIONS YOU WISH YOU COULD FEEL?

## WHAT ARE THE EMOTIONS YOU WISH YOU COULD AVOID?

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### COPING STRATEGIES



I am strong and I have the ability to find peace and healing

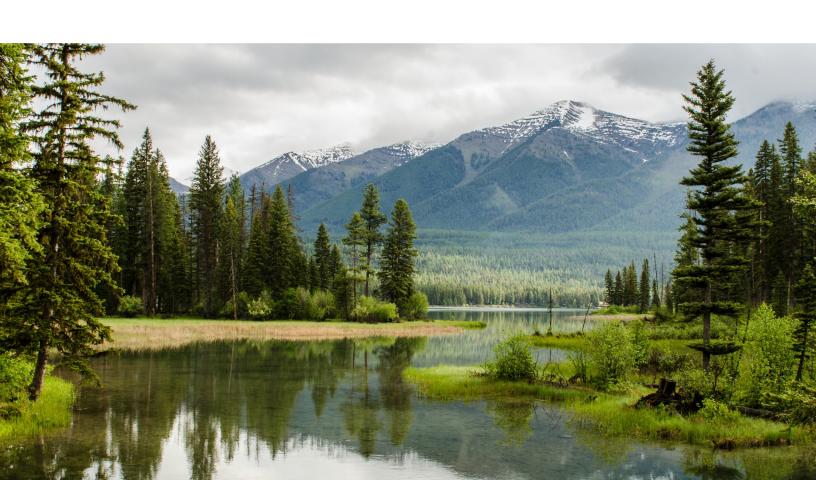
This section of the journal is dedicated to exploring and implementing coping strategies to help you navigate your grief.

Grief can be overwhelming, and it's important to have tools to help you cope with difficult emotions. This section will provide prompts that will help you identify coping mechanisms that work for you, and encourage you to engage in active coping strategies that can improve your emotional well-being.

Remember that healing is a process and it takes time, and that it's okay to try different strategies until you find the ones that work for you.

It's important to note that coping strategies may differ from person to person, and that what works for one person may not work for another.

It's also important to keep in mind that it's normal to have good and bad days, and that it's ok to try different strategies until you find the ones that work for you.



#### WHAT ARE SOME THINGS THAT HELP YOU FEEL BETTER WHEN YOU'RE FEELING DOWN?

#### WRITE ABOUT A TIME WHEN YOU USED A COPING MECHANISM AND IT WORKED.

"I AM CAPABLE OF FINDING JOY AND BEAUTY IN LIFE."



#### WHAT ARE SOME THINGS YOU DO TO TAKE CARE OF YOURSELF?

#### HOW DO YOU PRACTICE SELF-CARE?

"I AM STRONG ENOUGH TO LET GO AND MOVE ON."



#### WHAT ARE THE THINGS THAT YOU'RE GRATEFUL FOR TODAY?

#### WHAT ARE THE ACTIVITIES YOU ENJOY DOING?

"I AM GRATEFUL FOR THE LESSONS AND GROWTH THAT COME WITH GRIEF."



#### HOW DO YOU PRACTICE MINDFULNESS?

#### HOW DOES VOLUNTEERING OR HELPING OTHERS MAKE YOU FEEL?

"I AM SURROUNDED BY UNDERSTANDING AND COMPASSION."



#### HOW DO YOU COPE WITH DIFFICULT EMOTIONS?

#### WHAT ARE THE THINGS YOU DO TO DISTRACT YOURSELF FROM DIFFICULT EMOTIONS?

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### MINDFULNESS & SELF-CARE



I deserve to take care of myself and to find balance in my life

This section of the journal is dedicated to exploring and practicing mindfulness and self-care. Grief can be overwhelming and it's easy to get caught up in the whirlwind of emotions.

Mindfulness and self-care can help you to stay grounded in the present moment and to take care of your physical and emotional well-being.

This section will provide prompts that will encourage you to focus on the present moment, practice self-compassion, and take care of yourself.

It's important to remember that grief can be overwhelming and self-care is important in order to maintain physical and emotional well-being, and to find balance and peace.



#### WHAT DID YOU DO TO TAKE CARE OF YOURSELF TODAY?

## WRITE ABOUT A TIME WHEN YOU FELT PARTICULARLY PROUD OF YOURSELF FOR TAKING CARE OF YOURSELF.

"I AM SURROUNDED BY HOPE AND POSSIBILITY."



# HOW DO YOU PRACTICE SELF-COMPASSION?

# WHAT ARE THE THINGS YOU DO TO RELAX?

"I AM OPEN TO FINDING PEACE AND CLOSURE."



#### HOW DO YOU TAKE CARE OF YOUR PHYSICAL WELL-BEING?

#### HOW DO YOU PRACTICE MINDFULNESS?

"I CHOOSE TO FOCUS ON THE GOOD MEMORIES."

#### WHAT ARE THE THINGS YOU DO TO REMIND YOURSELF THAT YOU'RE NOT ALONE?

#### HOW DO YOU PRACTICE SELF-CARE?

"I AM WORTHY OF LOVE AND HAPPINESS."



#### WHAT ARE THE THINGS YOU DO TO FEEL GROUNDED IN THE PRESENT MOMENT?

#### WHAT ARE THE THINGS THAT MAKE YOU FEEL GOOD?

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## HOPE & PERSPECTIVE



There is always hope for a brighter future

This section of the journal is dedicated to exploring perspective and hope in the face of loss. Grief can be overwhelming and it's easy to feel stuck in the past.

This section will provide prompts that will encourage you to focus on the future, and to find hope and meaning in the midst of your loss.

It's important to remember that perspective and hope are important in order to move forward and to find meaning in the midst of loss.



# WHAT ARE YOUR HOPES FOR THE FUTURE?

# WRITE ABOUT A TIME WHEN YOU FELT HOPEFUL.

"I LET GO OF THE PAST AND EMBRACE THE PRESENT."



# HOW DOES YOUR LOSS AFFECT YOUR PERSPECTIVE ON LIFE?

# WHAT ARE THE THINGS THAT YOU'RE LOOKING FORWARD TO?

"I TRUST THE JOURNEY OF MY HEALING."



# HOW DOES YOUR LOSS AFFECT YOUR GOALS?

# HOW DO YOU FIND MEANING IN YOUR LOSS?

"I AM SURROUNDED BY LOVE AND POSITIVITY."



# WHAT ARE THE THINGS THAT BRING YOU HOPE?

# HOW DOES YOUR LOSS AFFECT YOUR RELATIONSHIPS?

"I AM GRATEFUL FOR THE TIME I HAD WITH MY LOVED ONE."



# WHAT ARE THE THINGS THAT GIVE YOU STRENGTH?

# WHAT ARE THE THINGS THAT YOU'RE THANKFUL FOR?

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# CONNECTION & HELP

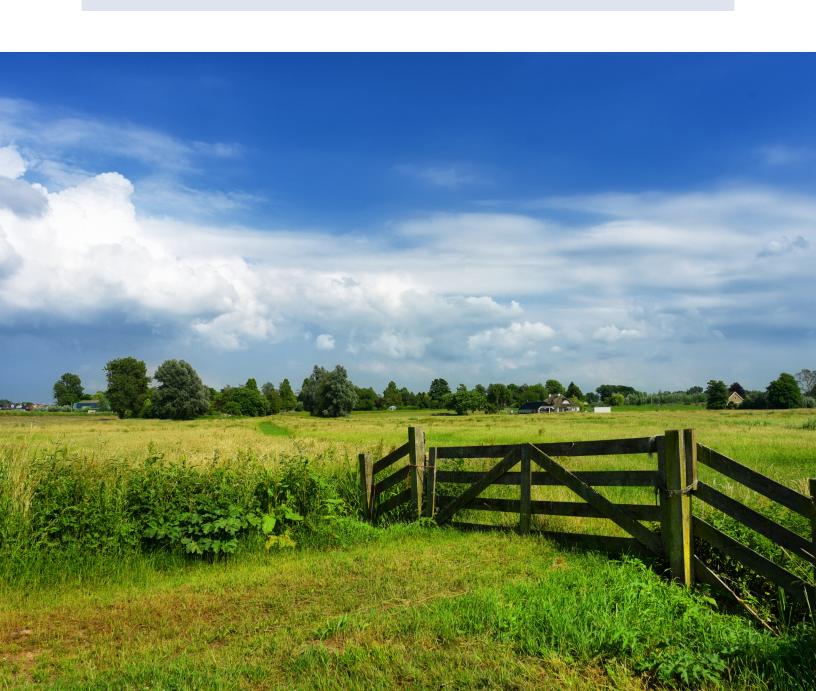


Tam never afone, Thave a support system to help me through this.

This section of the journal is dedicated to exploring connections and building a sense of community in the face of loss.

Grief can be isolating and it's important to have a support system. This section will provide prompts that will encourage you to reach out to others, to build connections, and to find support.

It's important to remember that connection and support are important in order to cope with loss, and that it's okay to reach out for help.



#### WHO DID YOU TALK TO TODAY?

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# WRITE ABOUT A TIME WHEN YOU FELT SUPPORTED BY SOMEONE.

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"I AM STRONG AND I CAN GET THROUGH THIS."



# HOW DOES YOUR LOSS AFFECT YOUR CONNECTIONS?

# WHO ARE THE PEOPLE THAT SUPPORT YOU ON THIS JOURNEY?

"I AM NOT ALONE, I HAVE A SUPPORT SYSTEM TO HELP ME."



# HOW DOES YOUR LOSS AFFECT YOUR RELATIONSHIPS?

#### HOW DO YOU BUILD CONNECTIONS?

"I AM HEALING, ONE DAY AT A TIME."



# WHAT ARE THE THINGS THAT YOU DO TO FEEL CONNECTED?

#### HOW DOES COMMUNITY HELP YOU COPE?

"I AM ALLOWED TO FEEL MY EMOTIONS AND TO PROCESS THEM."



# WHAT ARE THE THINGS THAT YOU'RE THANKFUL FOR?

# WHAT ARE THE THINGS THAT YOU DO TO REACH OUT FOR HELP?

"I AM SURROUNDED BY HOPE AND POSITIVITY."

