



MY GRIEF CHECK-IN JOURNAL

Life moves at a seemingly impossible pace at times. This journal is designed to help you slow down and look inward. Being mindful of our grief experience can help us see where we need to lend more compassion and what we can do to help ourselves in the midst of grief. Through these check-ins, we hope the ability to tune in to your own needs and learn more about your unique grief journey.

HOW TO USE MY GRIEF CHECK-IN JOURNAL

Do you ever find it difficult to really allow yourself to grieve in the ways that feel right for you? There always seems to be something to do, someone else to think about, or maybe just that nagging feeling that we may get stuck in our grief and won't know how to climb out by ourselves. If you've ever felt any of these or something like it, know that you are not alone.

Even though grief is a universal experience, our society was not built to allow for grief in our everyday lives. The pace at which we live can be exhausting - whether you are grieving or not, and we may feel as though our grief needs to be "done" in a specific amount of time - some may feel like the sooner the better. Many people talk about the struggle of not feeling like they can show their grief and expressing that there are few people in their lives that let them talk about their person or people who have died, and their grief, without trying to "fix" it all.

So the big question is - where does all that unexpressed and unexperienced grief go? We might like to think that it will magically fade into the distance, allowing us to just feel better and fully embrace life again ... but I'm sorry to tell you, that's not exactly how that works. When we are not able to have time, space, and support to grieve, it can bog down our system. Our heart, our body, our brain, and so much more.

Take a deep breath

The great news here is that we have the power to find time in our schedule to check-in with ourselves - even for just a few minutes. This is a great practice to help us see how we are really doing and compassionately ask ourselves what we need to survive, or maybe even start to thrive. Putting in the work of journaling, drawing, bullet pointing, etc. our thoughts, feelings, and experiences can help us to engage in better self-care and even helping ourselves to cope with grief in healthier ways.

MY GRIEF CHECK-IN

- BODY -

Take a few minutes to scan your body. Are there areas of tension, fatigue, or anything else that may need your attention? Are you giving your body the fuel it needs to work as best it can? What other things are you noticing that you'd like to think through?



MY GRIEF CHECK-IN - BRAIN -

Grief brain is real and it can be a struggle to really feel like you are on top of things. What are some of the thoughts and feelings you are experiencing? What does your brain need to work through? Does anything feel stuck in your brain that you just need to let out?



MY GRIEF CHECK-IN

- HEART -

Our hearts can hold so much love while still having room for what might feel like an overflow of other feelings. What is your heart holding today? What is weighing heavy on it? What would you like to feel it full of? What do you need to talk about to help your heart today?



MY GRIEF CHECK-IN

Remember that while grief is a universal experience, we all feel, process, and live our grief completely uniquely. So use this page however you need to - draw, write, scribble, make a list, etc.

Just like you. Just like your grief. This is your very own unique page.