Understanding Grief & Finding Ways to Cope

Recognize your grief | Find comfort | Stay connected

A gentle reminder

Grief can follow a death, separation, infertility, a change in health, or the loss of a hoped-for future. It does not follow a predictable timeline. You may feel several emotions at once, including relief.

1. How grief may show up

Check any experiences that fit today. These reactions can change from day to day.

- ☐ Emotional: sadness, anger, guilt, yearning, loneliness, numbness
- ☐ Physical: fatigue, heaviness, tension, appetite or sleep changes
- ☐ Thinking: difficulty focusing, disbelief, replaying memories
- ☐ Social: wanting company, needing solitude, feeling disconnected

2. What am I grieving?

Name the person, relationship, role, experience, or future you miss. What feels especially difficult right now?

3. Try one grounding or soothing practice

- ☐ Place a hand on your chest and take a few slow, comfortable breaths
- ☐ Drink water, eat something nourishing, or take a brief walk
- ☐ Reach out to a trusted person and say what kind of support you need
- ☐ Give yourself permission to rest without explaining your grief

The practice I want to try today:

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.

Grief, Connection & Gentle Next Steps

There is no single right way to remember or move forward

4. Connection and remembrance ideas

Some people find comfort in rituals. Choose only what feels meaningful; you do not need to do any of these.

- ☐ Write a letter expressing what you wish you could say
- ☐ Create a memory box, playlist, photo album, or recipe tradition
- ☐ Light a candle or visit a meaningful place on an anniversary
- ☐ Share a story with someone who remembers or understands
- ☐ Honor a relationship ending by reflecting on what you learned

5. My personal connection plan

One remembrance or connection activity I might try, and when:

6. Support and follow-through

One manageable step this week:

A person or resource I can turn to if grief feels too heavy:

When additional support may help

Consider professional support if grief is persistently disrupting daily life, or if you feel unable to stay safe. In the U.S., call or text 988 for immediate suicide or emotional-crisis support.

When I check in again, I want to notice:

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