

MY COPING SKILLS

grief



1.

What happened to cause your grief?

2.

Talking about your feeling is a way to connect with others. List three people who you can talk to about how you are feeling:

3.

If you do not want to talk about your feelings, write them down. You can use the back of this sheet.

4.

Allow yourself time to grieve. Remember, it is perfectly OKAY to feel sad after you have lost someone or something.

5.

What are things you enjoy doing? Write down three activities that you can do when you feel sad or experience grief:

6.

If you are feeling strong emotions due to your grief, try doing one or more of these things:

- Write a letter to the person you lost.
- Create a memory box or scrapbook to remind you of the person.
- Write down your thoughts and feelings in a journal.
- Allow time to reflect and feel your feelings, but also give yourself permission to keep moving forward with your life.
- Avoid isolating yourself or withdrawing from friends and family

*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.

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