



HOW GRIEF CAN SHOW UP

A gentle check-in for your mind, body, and emotions. ♥



1 WHAT FEELS MOST PRESENT TODAY?



PHYSICAL

- ☐ Fatigue or low energy
- ☐ Headaches or tension
- ☐ Appetite changes
- ☐ Sleep changes
- ☐ Body aches or heaviness
- ☐ Restlessness



EMOTIONAL

- ☐ Sadness or tearfulness
- ☐ Anger or irritability
- ☐ Numbness or emptiness
- ☐ Anxiety or worry
- ☐ Guilt or self-blame
- ☐ Overwhelmed



SOCIAL

- ☐ Needing space
- ☐ Isolation or withdrawing
- ☐ Hard time connecting
- ☐ Irritable with others
- ☐ Lonely or misunderstood
- ☐ Wanting support



SPIRITUAL / MEANING

- ☐ Questioning purpose
- ☐ Feeling disconnected
- ☐ Loss of faith or hope
- ☐ Searching for meaning
- ☐ Feeling lost or unsure
- ☐ Struggling to trust life

2 MY TOP 3 GRIEF REACTIONS TODAY

- 1 _____
- 2 _____
- 3 _____

3 WHAT MY BODY MAY BE ASKING FOR

- ☐ Rest / Sleep
- ☐ Water
- ☐ Nourishing Food
- ☐ Movement
- ☐ Quiet / Stillness
- ☐ Connection
- ☐ Fresh Air

4 ONE THING I CAN DO TODAY TO SUPPORT MYSELF

✦ ✦ ✦

5 WHAT I NEED OTHERS TO UNDERSTAND

♥

