



Rebecca Luttrell, MA

www.rebeccaluttrell.com

Why Grief Journaling?

Your grief needs expression. It longs for it. In our grief averse culture, journaling can be a safe place to express all that needs expressing in our grief. Your journal is a place to write ALL OF IT...every single unpretty thought, every wildly hopeful thought, every unedited, raw, messy, in-the-moment thought or emotion. It is a safe space to pour out your broken heart without judgment or advice. It's available at any time.

Research also supports the benefits of journaling through grief and trauma. It is found to help integrate trauma, have physical health benefits (like lowered blood pressure, improved lung function, and improved joint health) and can benefit mental health by reducing symptoms of anxiety and depression. It can also found to help with sleep if you write before going to bed.

Prompts can be helpful catalysts to move grief through our pens. The recommendation is to chose a prompt, set a timer, and let yourself write non-stop until the timer goes off—not pausing, but continuing to write, going back to rewriting the main prompt if you feel stuck.

Below are prompts that might be helpful starting points on your writing journey. You can start every day with the same prompt and find it can take you to different places depending on where your grief is in that moment.

I am...

What I need is....

If my grief could speak, it would say...

Today I feel....

My heart...

I remember...

What I miss...

One final note: A book I **highly** recommend with writing prompts and art prompts is *How to Carry What Can't be Fixed: A Journal for Grief* by Megan Devine.