

# DOES THIS PANDEMIC FEEL LIKE GRIEF? IF SO, HOW?

It's important to remind ourselves that grief isn't just something we feel after a death. Grief can happen when our lives have been turned upside down and we are struggling with trying to find a "new normal" through uncertain times. When we are able to tune into this, we can help ourselves better cope with these experiences. Take a little time today to dive into this.



## WHAT GOALS DO YOU HAVE FOR THE BRIGHTER DAYS AHEAD?

## A vertical sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. The paper is slightly curved, giving it a three-dimensional appearance.

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Reminder: A strength can be even a tiny little trait that helps you cope with whatever situation you are facing. This is a difficult question for some, but I promise you have AT LEAST one!

[illegible]

WHO DO YOU REACH  
OUT TO WHEN YOU  
JUST NEED SOMEONE  
TO UNDERSTAND?

There are those  
who are ok sitting  
with us and  
supporting us  
without having to  
"fix" us.

[illegible]

Many times we may gravitate towards mindless activities assuming they will be comforting. Take a minute to explore what you normally do. Does it help? If so, write it down! If not, what are some new habits you could try to build?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

