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 SUPPORT DO I NEED? AM I GETTING IT? HOW CAN I HELP MYSELF FEEL MORE SUPPORTED?

When we aren't feeling at our best we may wish that people could read our minds and just give us the support we need. Even now that sounds kind of great, doesn't it? But since it doesn't work that way, we need to become advocates for ourselves and ask for what we need. I know it's not comfy, but it will really help.

"TOUGH STUFF" CAN GET US THINKING ABOUT THE FUTURE.

WHAT GOALS DO YOU HAVE FOR THE BRIGHTER DAYS AHEAD?

Grief is the "tough stuff" just in case you were wondering. While it may be hard to think about the future while things seem so uncertain, it's important for us to have things to work toward and look forward to.

WHAT IS ONE THING YOU MISS THE MOST RIGHT NOW?

Wondering if that question is talking about your time social distancing or your grief journey? It's totally up to you! You may even want to write a bit about both.(Hint: You are already here, why not try it?)

WHAT IS A STRENGTH YOU RECOGNIZE IN YOURSELF WHEN FACED WITH ADVERSITY?

Time for a little self-love! 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!

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.

"fix" us.

WHAT IS ONE THING YOU CAN DO TO BRING YOURSELF SOME COMFORT TODAY?

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?	
	ş



HOW DO BIG LIFE EVENTS CHANGE

YOU?

Many times we may find ourselves reminiscing on how "good" life events can change us, but let's take a look at how experiences such as grief, this pandemic, and other less desirable life events can change who we are – for better or worse? Try looking at both sides.