



My Grief & Wellbeing Plan

Grief does not need to be 'completed'. This plan is about knowing what supports you when grief feels closer or more difficult.

My common grief triggers

My signs that I am becoming overwhelmed

Things that help me feel grounded

Ways I can care for my body

People I can contact

Ways I want to remember or stay connected

What I need on difficult dates

If grief feels unbearable, my first support step is...

Something I want to remember on a hard day...

My next gentle step is...