

Good Grief Workshop

Eight of Grief



Grief is not just emotional

Physical	Mental	Emotional	Social	Spiritual



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Strategies & Tools: How do we help ourselves?

STUCK What keeps us stuck at the bottom of the 8	MOVEMENT What helps us move to the top of the 8

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Your Personal Coping Skills List

Use this page to write your own list of coping skills. You might take some from the list we shared, some that you already know, and other that might still be out there for you to discover.

DISTRACTION

Absorb your mind in
something else



GROUNDING

Get out of your head
and into your body

EMOTIONAL RELEASE

Let it out!

SELF LOVE

Be kind to yourself

THOUGHT CHALLENGE

ACCESS YOUR HIGHER SELF