

My Grief Response

Which of these responses are you experiencing since losing a loved one?

- Change in appetite
- Tightness in chest
- Anxiety or Fear
- Difficulty sleeping
- Unmotivated
- Crying
- Mood swings
- Social Withdrawal or Isolation
- Reckless behavior
- Blaming self
- Poor concentration
- Anger/Irritability
- Racing thoughts
- Loneliness
- Relief or Happiness
- Sadness/Depression
- Dreams about deceased
- Confusion
- Low energy/fatigue
- Shock
- Numbness
- Questioning beliefs
- Fear of Death

What are helpful ways of coping?

What do you need from others?



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My GRIEF Plan

Use this worksheet to identify helpful ways of coping with your feelings of grief and loss.

When I feel sad, I can do these things to cope:

I can talk to these people to help me feel better:

I can think these thoughts:

How I plan to take care of myself:



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What I Need

Whenever you're grieving, it is OK to ask for help from others. Use this worksheet to write down what others can do to be helpful to you.

What I need
from family...



What I need
from friends...

What I need from others...



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