

My Grief Toolkit

Chart a path towards healing

People I will reach out to
for support

- 1.
- 2.
- 3.
- 4.

Self-care activities I will
engage in

- 1.
- 2.
- 3.
- 4.

Books I will read:

- 1.
- 2.
- 3.
- 4.

Professionals I will reach
out to:

- 1.
- 2.
- 3.
- 4.

Coping skills I will use:

- 1.
- 2.
- 3.
- 4.