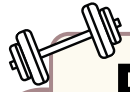


GOOD GRIEF GUIDE



PHYSICAL

SUPPORT NEEDS

- Family doctor?
- Emergency contact?
- Care of children/pets
- Safety and supervision

- Eating – Foods I like or can eat
- Meds – Any medication needed
- Movement – Ways I can move my body
- Sleep – Usual schedule / I'm having trouble sleeping
- Clean – Cleaning needs



MENTAL

SUPPORT NEEDS

- Professional supports?
- 24-hour resources in my area
- Friends or community support groups?
- Care of children/pets – happy experiences for them?
- Enough time alone, if desired

- Distract – Things I can do to distract from overwhelming/racing thoughts
- Calm – Calming things I can do/watch/listen to
- Laugh – Things that make me laugh
- Please ask me how I am coping today – it changes



EMOTIONAL

SUPPORT NEEDS

- Please ask if I want to talk about my loved one – it changes by the day
- What do my children need to express and process their emotions?
- What do my kids need to feel safe?

- Professional supports?
- 24-hour resources in my area
- Friends or community support groups?
- Care of children/pets – happy experiences for them?
- Enough time alone, if desired



SPIRITUAL

SUPPORT NEEDS

- Pastoral or faith groups?
- Have your faith beliefs changed?
- Are their beliefs/rituals from other faiths/cultures that offer comfort to you?
- Leave blank if needed

- Making peace with your higher power/beliefs
- Finding comfort in faith community or creating new community
- Stepping away from your faith if that is what you need

GOOD GRIEF GUIDE

