

WEEKLY REFLECTION

My week has been

My wins were

Five moments I want to remember

- 1
- 2
- 3
- 4
- 5

I thought a lot this week about.....

It made me realise.....

This week I....

Hugged

Dreamed

Helped

Enjoyed

Laughed at

Practiced

Advice to myself for next week

Goals for next week



Continuing Bonds

Grief is a continuous process, and it's natural over time, to maintain a connection with your loved ones and carry their memory with you. Here are several ways to help you stay connected. Remember, grief is a unique journey for everyone, and finding ways to maintain bonds with your loved ones can bring comfort and solace.

Cherishing the meaningful moments you shared, engaging in conversations with them in your heart, and visiting places that hold special memories can help keep their spirit alive in your life. Preserving photos, including them in significant events, and considering the advice they would offer if they were present can also contribute to feeling their presence.

Sharing stories about your loved ones with new acquaintances, establishing ongoing rituals to honour and commemorate them, and leading a life that would make them proud are powerful ways to stay connected. By incorporating these practices into your life, you can create a lasting bond with your loved ones that transcends physical boundaries and celebrates the impact they had on you.

Ways to Maintain Bonds:

- **Cherish meaningful moments.**
- **Engage in conversations with them.**
- **Visit places that hold special memories.**
- **Preserve photos.**
- **Include them in significant events.**
- **Consider the advice they would offer if they were present.**
- **Share stories about them with new acquaintances.**
- **Establish ongoing rituals to honour and commemorate them.**
- **Lead a life that would make them proud.**

Space for your ideas ...

Difficult Dates

In the boxes below write down dates that may be challenging for you and then think about ways that can help you cope better.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

5 4 3 2 1

GROUNDING TECHNIQUE

5

Things that you can SEE



4

**Things that you can
FEEL (or Touch)**



3

Things that you can HEAR



2

Things that you can SMELL



1

Things that you can TASTE



EXPRESS

gratitude

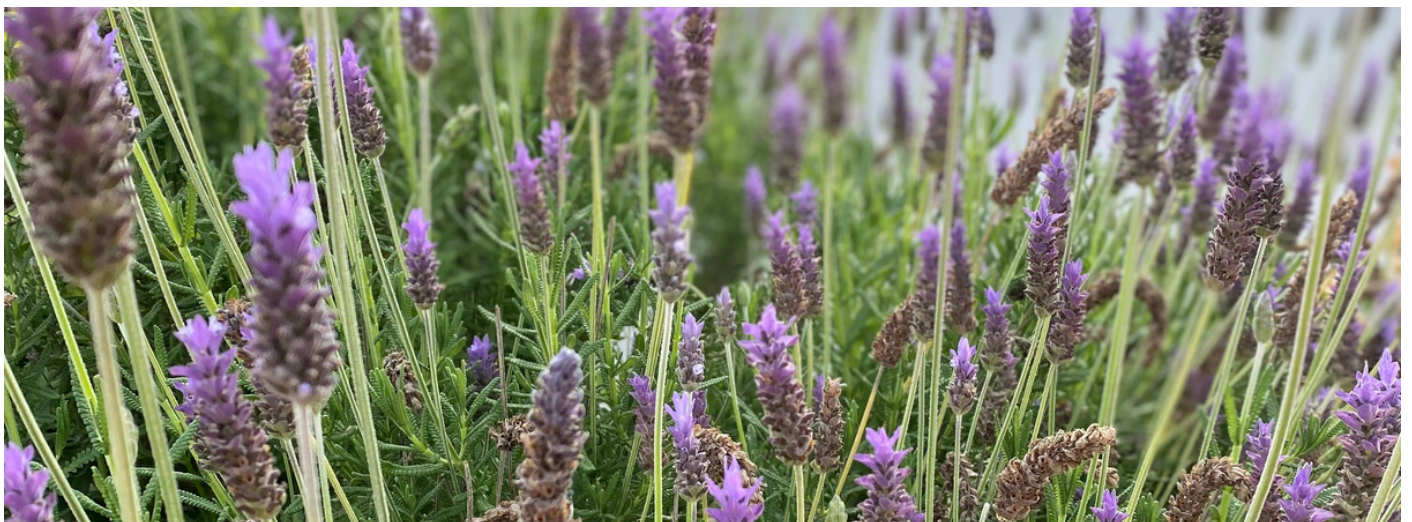
When expressing gratitude, is part of the activities that nurture your spirit and it allows you to think bigger than yourself. Spiritual gratitude does not have to be religious, although for some it is.

Connect with your community, volunteer to help others, practice yoga, meditate, spend time in nature, focus on your hobbies or speak with someone you trust.

Set time aside to slow down in the busyness of your life to look back on your day, and reflect.

Expressing gratitude can bring a calm sense of well-being.

Expressing gratitude bolsters resilience to stress, lower depression, increase the feeling of energy, determination, and strength.



Gratitude



Gratitude has been scientifically proven to help your mental health, happiness and improve moods, to name just a few of the benefits. It's more than merely just saying 'thank you' (though that's a really good start). It's about feeling connected to what is important in your world.

Life is often busy and it is so easy to get caught up in what's going on around us and get trapped in a negative spiral. We start to stop seeing what is right in front of our noses as we are often thinking about what we have not got or what we have missed out on. Though it's always important to notice these thoughts the key is not getting caught up with them.

The next exercise helps us to look at all that we are 'grateful' for and to show us not to wait for the 'big' things in life. It's the everyday actions of others and ourselves that can and will start to make a difference in your life.

In the next exercise I want you to take a moment and find a quiet place to think about ALL that you are grateful for in your life. Allow those feelings to wash over you then make a note of them in your gratitude jar. You could make an actual gratitude jar and each day pop one down on a note. This could also be an exercise to do alongside family members.



Gratitude Jar

Today I am thankful for



What are you grateful for? Write this in the jar above 10

HEALING CAN FEEL ...



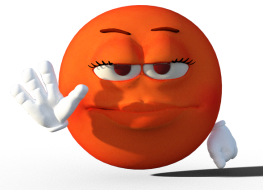
Slow



Insecure



Scary



Suspicious



Painful



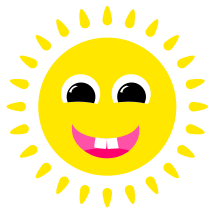
Empty



Exciting



Optimistic



Hopeful



Boring



Messy



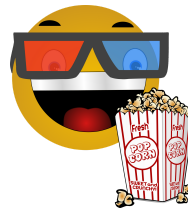
Heavy



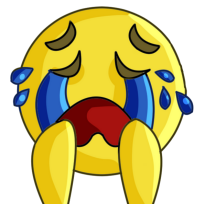
Confusing



Lonely



Overwhelming



Guilty

**All feelings are valid.
Remember to show kindness to
yourself**