

# 10 Ideas Cards for Someone Who's Grieving



**near**

TRY THIS TODAY

Go for a walk outside and notice *your five senses*.



TRY THIS TODAY

*Journal your thoughts*—stream of consciousness removes pressure to organize or filter.



TRY THIS TODAY

Grab coffee with a friend and talk about nothing or everything - *your choice*.



TRY THIS TODAY

Organize favorite photos in a folder and start creating a memory book if you have the energy.



TRY THIS TODAY

Listen to your loved one's *favorite song* and start a playlist that reminds you of them.



TRY THIS TODAY

Write a letter to *your loved one* and share anything you wish you would have said.



TRY THIS TODAY

Look through photos and memories and share a few with someone who *is missing them too*.



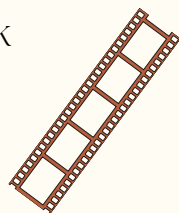
TRY THIS TODAY

Call a *friend*—maybe someone who has experienced grief and loss themselves.



TRY THIS TODAY

Watch a movie with a snack you shared - sad or happy, depending on *your mood*.



TRY THIS TODAY

Light a candle and *take a moment* to reflect, pray, or meditate.

