

Hope Bag

GRIEF EXPRESSION & SELF CARE

Expressing your grief is helpful & healthy and will remain an important part in the navigation of one's grief journey.

Oftentimes, we may not want to talk about our feelings around the person who died. This is more than OK, but it's important to find other outlets for the expression of our grief. Try out some of the below activities as alternatives to talking about grief- they also serve as forms of self-care!

Bubbles

- o Practice noticing your breath while blowing bubbles
- o You can also practice slowing down your breath while counting throughout the process: count as you breathe in (1-2-3-4), hold your breath (1-2-3-4-5), and count as you blow out to make bubbles (1-2-3-4-5-6).

Push Pop Bubble Fidget

- o Utilize push pop bubble fidget to pop and squeeze to release any anger, frustration, or anxiety you may have around the death of your loved one. Anger is more than OK.

Post-Its

- o The way we talk to ourselves is really important, especially when we're deep within our grief. It can be hard to feel hopeful when we're missing our loved ones or having a particularly hard day. Having positive statements or reminders (also known as affirmations) posted on our mirrors, laptops, refrigerators - somewhere we will see them often and frequently throughout the day - can help improve our mood, even just for a moment.
- o Utilize Post-Its to write affirmations to yourself (and other family members if you'd like), such as the following:
 - o "I am enough exactly as I am."; "I believe in myself and my abilities."; "Making mistakes helps me learn and grow."; "It is okay to not feel okay."; "I am going to get through this."; "I am important."; "My grief matters."

Journaling

- o It can sometimes feel as though all the thoughts and feelings we're experiencing are swirling around in our heads. Writing out how you're feeling or what you're thinking can release the weight of all that "noise" inside our heads, even if just for a moment. Let your handwriting be as messy as it needs to be and don't censor yourself. Any and all forms of writing are helpful - poetry, songwriting, writing a letter, or free-writing. Choose whichever feels good to you in that moment! Take out a piece of paper and let yourself write as much or as long as you need to - you can then shred it afterwards to serve as an additional form of release or put it in a safe place.

Utilize a piece of paper for doodling/drawing instead OR utilize Wikki Stix to express your thoughts, feelings, and memories through art. You can use Wikki Stix to create something that reminds you of your loved one or use them as a way to distract yourself when things feel overwhelming.