

30 DAYS WITH

Grief

S	M	T	W	T	F	S

1. Share your story
2. Take time to cry
3. Shower
4. Get out of bed
5. Call a friend
6. Look at photos of your loved one
7. Allow yourself not to like the loss
8. Allow yourself to feel the pain
9. Watch a show that makes you laugh
10. Read your favorite scripture
11. Listen to your favorite sermon
12. Talk to a good friend who gets you and doesn't tell you how to feel
13. Laugh and cry all at the same time
14. Look at mementos of your loved one
15. Find a therapist

16. Go to therapy
17. Write in your journal
18. Exercise
19. Call a relative who is experiencing the same pain talk (cry if you need to)
20. Get out of the house
21. Allow yourself to be vulnerable
22. Allow yourself to say how you feel
23. Allow yourself to honor your loved one and be great
24. Be okay with some days are better than others
25. Take a drive and enjoy the memories of your loved one
26. Feel the presence of your loved one
27. Disconnect from those who are not helpful either temporarily or permanently
28. Take a walk and talk out loud to your loved one. Share your feelings.
29. Accept that you don't have to be strong
30. Pray



DLR Counseling Group