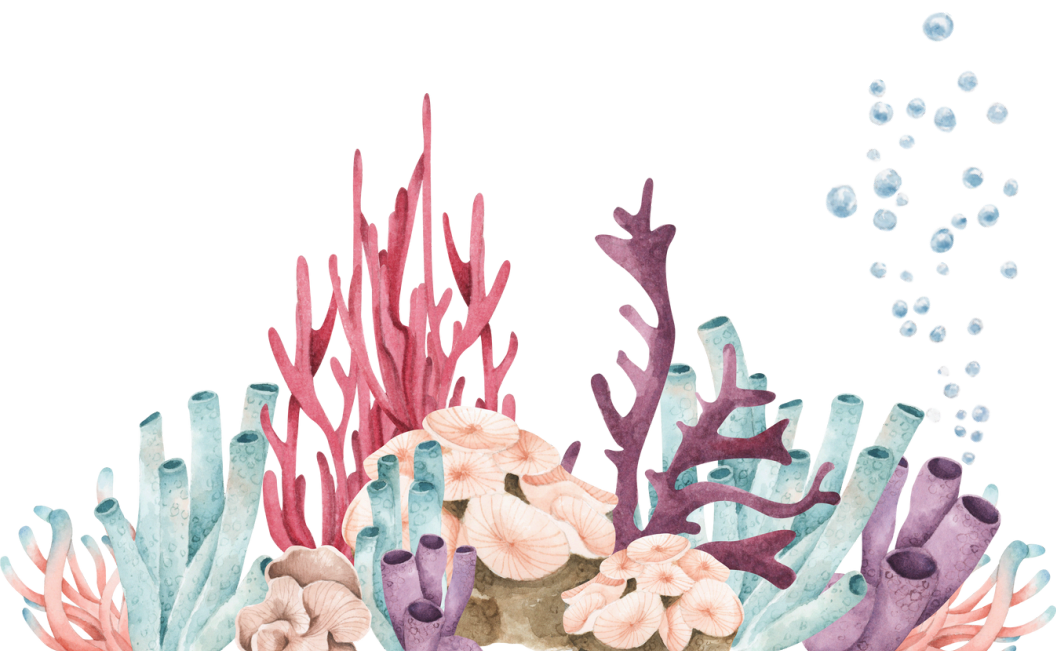


An Overview Written by the Supportive Care Team



Navigating the Waters of your Grief

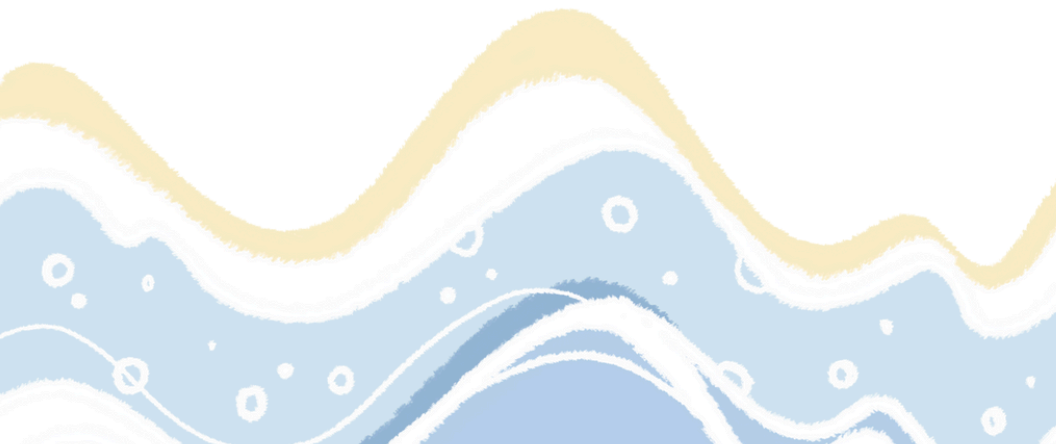
A Grief Journal



“Grief is like the ocean; it comes in waves ebbing and flowing. Sometimes the water is calm and sometimes it is overwhelming. All we can do is learn to swim.” - Vicki Harrison

This journal belongs to: _____

My person is: _____



Welcome to this practice of self-care where you can journal and reflect on your grief. By simply opening this journal, you are taking a big step in acknowledging the death of a loved one. This journal, Navigating the Waters of Your Grief, was created to help you reflect on your life with your loved one, their death, adjusting to a life without them, and being able to continue living without them.

This journal is divided into four parts:

**OCEAN FLOOR
DEEP WATER
SURFACE WATER
ISLAND**

We encourage you to take your time as you navigate the waters of your grief and hold space for yourself to reflect, journal, and grieve.





Ocean Floor

As you start journaling and reflecting, it is important to take a step back and look at the life you had with your loved one. This chapter is called Ocean Floor as we want you to explore the deepest part your grief and recall these memories and cherish them with your heart.



Ocean Floor

One of my fondest memories of you is ...

Date: ____/____/____

Ocean Floor

I will never forget when ...

Date: ____/____/____

Ocean Floor

I will never understand why ...

Date: ____/____/____

Ocean Floor

I was so proud of you when ...

Date: ____/____/____

Ocean Floor

If I were to describe you to someone, I would say ...

Date: ____/____/____



Deep Water

After reflecting on the memories and time you had with your loved one, we can swim up a little into the Deep Water. Here, we take a look at when your loved one passed away and reflect on the adjustments you have had to make without their physical presence.



Deep Water

When you died, this is what I remember...

(feelings, thoughts, people, places, etc...)

Date: ____/____/____

Deep Water

The biggest change I have faced since your death is...

Date: ____/____/____

Deep Water

When I think about you, I feel...

Date: ____/____/____

Deep Water

If I could talk to you again, I would say...

Date: ____/____/____

Deep Water

If you were to talk to me in this moment, you would say...

Date: ____/____/____

Deep Water

I hope you know that...

Date: ____/____/____



Surface Water

Now that you have swam from the ocean floor and through the deep water, you are now at the surface water. Through these waves, reflect on your current self and let this be a check-in that you can use today and on future days when you feel like you need it.



Surface Water

I hope you know that...

Date: ____/____/____

Surface Water

Today I am feeling _____ because...

Date: ____/____/____

Surface Water

If today's mood were a noise, it would be...

Date: ____/____/____

Surface Water

Three things about my loss that is on my mind today are...

Date: ____/____/____

Surface Water

Today, my grief is showing up through...

Date: ____/____/____

Surface Water

Today, I need...

Date: ____/____/____

Surface Water

Today, when I need support, I will turn to...

Date: ____/____/____



Island

You have reached the island. The island represents the days where you do not feel the waves of your grief. You can see those waves from where you are, but your island keeps you grounded. As time goes by, you may find yourself in the rocky waters again. However, the distance between islands will become smaller and the islands themselves become bigger. You will continue to be in an out of the water but you will have the tools you need to stay on the island longer.



Island

6 months from now, I want to...

(goals, both practical and emotional)

Date: ____/____/____

Island

One day, I hope I have the courage to...

Date: ____/____/____

Island

On days where I am missing you a little more, I will...

Date: ____/____/____

Island

What keeps me grounded is...

Date: ____/____/____

Island

To keep your memory alive, I will...

Lined area for writing.

Date: __/__/__

Island

From my grief, I have learned...

Date: ____/____/____



This was a big step in acknowledging the death of your loved one. We always encourage griever to journal, but many people do not know where to start. Whether this took you 1 week, 1 month, or 1 year to complete, we hope this journal provided you the space to reflect and grieve. Remember, grief looks different for everyone and there is no destination or end goal. Grief is lifelong and inevitable. It is about having the right tools that best fit you, to help you navigate the waters of your grief.





When I feel I need help, I can call...

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

