

EXERCISES FOR EXPLORING YOUR GRIEF JOURNEY



In this section, we reframe the “five stages” as **common emotional responses** that can overlap, return, or change over time.

These exercises are here to support your unique experience, offering prompts and activities to **reflect, process, and find balance** in your grief.

DENIAL

Denial is a **natural response** to overwhelming loss. It isn't about refusing reality but about allowing yourself the space to process grief **at a pace that feels manageable**. Often, it's a way to shield yourself from the full weight of what has happened.

Take a moment to consider these questions:

- What **feelings** or **truths** have you found yourself **avoiding** in your grief?
- Are there aspects of your loss that feel **especially hard** to accept right now?
- How do these feelings **show up** in your **daily life**?

MINDFUL ACKNOWLEDGMENT

Sit **quietly** and take **a few deep breaths**. As you exhale, gently acknowledge that **now is a challenging time** and offer yourself any words of **kindness** that come naturally. What **emotions** or **physical sensations** arise?

CREATE A GROUNDING LIST

So often our minds are going over **memories** or **worrying** about the future. Write down **3–5 grounding activities** that help you reconnect with the present moment, even if this is a difficult present moment to be in, such as:

Taking a **short walk** outdoors.
Holding a **comforting object**, like a keepsake or a soft blanket.
Or practicing a **breathing exercise**.
