



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).

Bubble Wrap

- o Utilize bubble wrap to pop, squeeze, or stomp on as a way to release any anger or frustration you may have around the death of your loved one. Anger is more than OK to feel, and it's important for us to find safe ways to express our anger.

Playdoh

- o Utilize the Playdoh to create a physical representation of what your grief may "look" like.
- o Playdoh can be another great resource for expressing anger or frustration. Roll your Playdoh up into a ball and squeeze it as hard as you can in your hand.

Journal

- 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! Tearing out the piece of paper and shredding it afterwards can serve as an additional form of release.

**Some people don't enjoy expressing themselves through words, which is more than OK.
Utilize a journal for doodling or drawing.**

- o What would grief look like if you had to pick an image for it - now draw that.
- o Draw a picture of you and your loved one and/or one of your favorite memories with that person.
- o Draw a self-portrait representing you before versus after your loved one died.