

## My Grief Plan

If you are struggling with coping strategies to help you overcome grief, this strategy can help you document things that help you deal with your emotions.

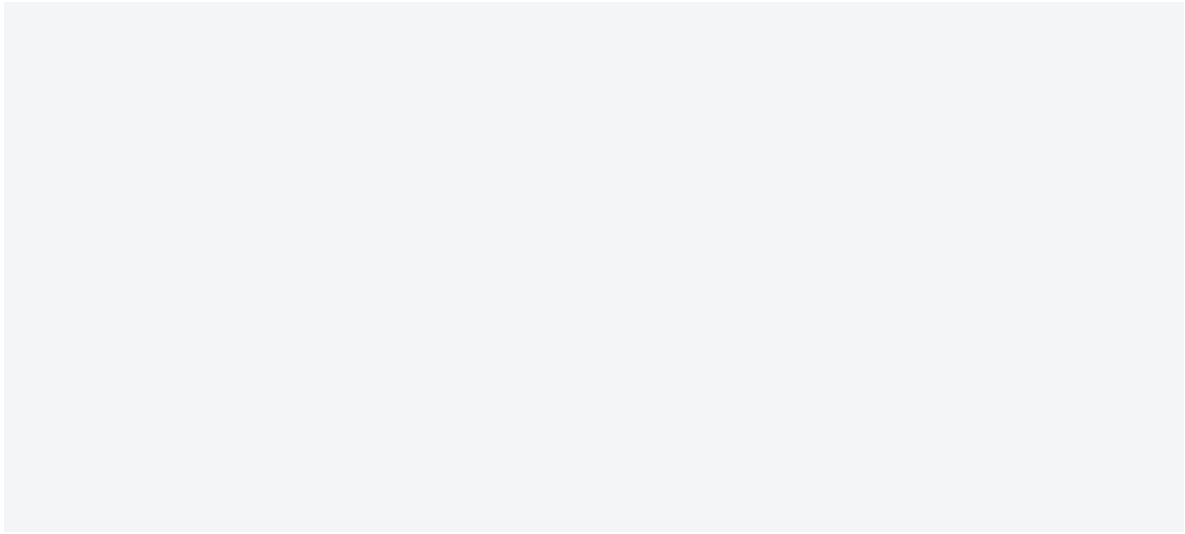
1. When I feel sad, I can do the following things to cope:

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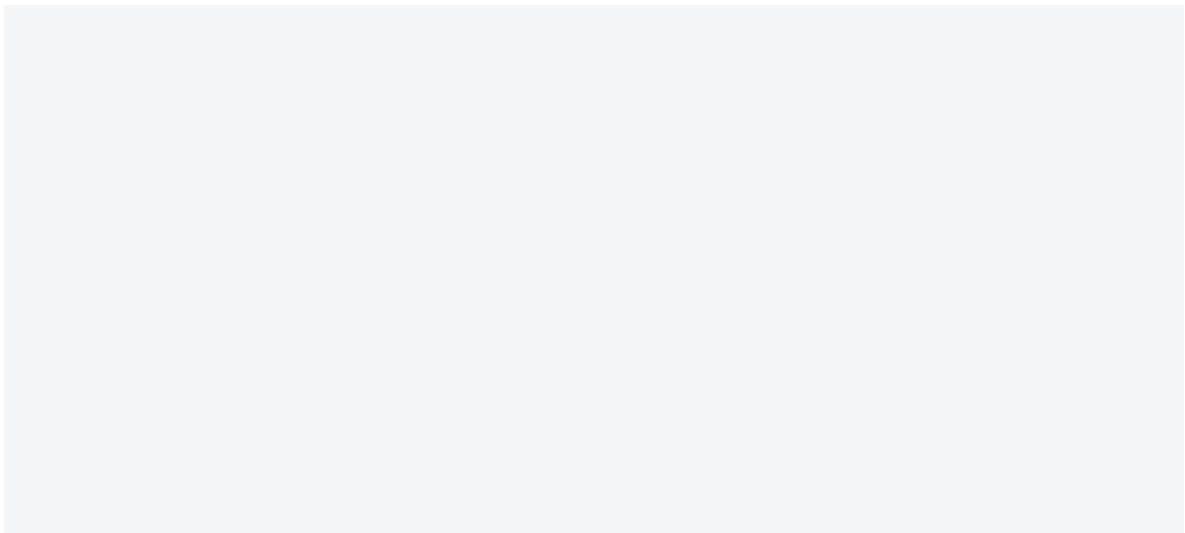
2. These are some people that I can talk to that help me feel better:

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3. I plan to take care of myself by:



4. Some positive thoughts I can think to help me feel better are:



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