



HOW TO CARE FOR myself

<https://whatsyourgrief.com>
@whatsyourgrief

MY DAILY NON-NEGOTIABLES

- _____
- _____
- _____
- _____
- _____

HALT
am I hungry, angry, lonely or tired?

MY FAVORITE MOOD BOOSTERS

- _____
- _____
- _____
- _____
- _____
- _____

"Things falling apart is a kind of testing and also a kind of healing. We think that the point is to pass the test or to overcome the problem, but the truth is that things don't really get solved. They come together and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy." - Pema Chodron

PEOPLE TO REACH OUT TO

- _____
- _____
- _____
- _____

Have I been as good of a friend to myself today as I would be to someone else who I love?

MY FAVORITE DISTRACTIONS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PLACES I FEEL CALM

- _____
- _____
- _____
- _____

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl R. Rogers

OTHER RESOURCES THAT HELP ME
(in-person, online, podcasts, etc)

1 visit <https://whatsyourgrief.com> for more grief support resources.

2 call or txt 988 any time for suicidal thoughts, substance use, and/or mental health crisis

3

4