

## OVERCOMING GRIEF

journal, working through difficult feelings, exercising, attending a support group or seeing a counsellor. Using the tool box concept as a framework, think about what types of things will help ease your pain. What has helped so far?

Only you can decide what is best for you and what will bring you comfort. Working out what tools you need in your tool box is the next step, and exercise 5.6 will help you do this.

### EXERCISE 5.6: WHAT DO YOU NEED IN YOUR TOOL BOX?

Tick off the items you think would be helpful in supporting you through your grief. List any others you think of in the space provided.

Music

Yoga

Massage

Exercise

Seeing a bereavement counsellor

Attending a bereavement support group

Talking to a friend who can listen to my pain

Writing regularly in a journal about my grief

Making a memory book (see Chapter 7)

Writing my loved one's story (see Chapter 7)

Being with family

Being with friends

## CHOOSE TO ACT

Being alone  
Returning to work  
Volunteering  
Trying something new  
Having a holiday  
Reading self-help books  
Getting a pet  
Joining an online support group  
Being assertive – saying ‘no’ to requests  
Advocating for what I need  
Seeing a clinical psychologist  
Maintaining realistic expectations of my progress

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Once you’ve ticked off the items you think will benefit you, it’s time to take action. In much the same way as you did in Chapter 4 where you generated a daily to do list,