

Tool Kit Inventory

Take a look at each activity that you have completed up to now. You have learned a great deal! Some things may have been very effective for you. However, other things may not connect, be relatable or were just a plain ol' flop.

Simply draw a line through activities that did not work for you. ~~ie. Week 8 Identifying Feelings.~~

It's that simple. There is even space for future lessons AND things that you've found effective for YOU. You will be left with a group of ideas that are helpful and which a reference to revisit the information within the course.

Understanding Grief

Learning the William Worden's *Tasks of Mourning* to help make sense of grief

Learning about what MAY come up in *MY Personal Journey of Grief*

Active, intentional grieving

Deepened awareness of the movement in and out of a grief focus - Okay to give yourself a break.

Secondary Losses

Two styles of growth through grief

Emotional Awareness

Identifying ALL sorts of feelings of grief

Gratitude

Forgiveness statement

Exploring Happiness

Compassion Fatigue

Happiness Sabatage

Beyond Emotions

Where do I feel stress in my body.

Recognizing *how do I feel healthy*

Coping with Grief Pressure Points

Addressing OTHERS expectations of YOUR grief

Remembering

Capturing Memories Journal

Seasonal look at memories

Connecting Tough Emotions to Memories

Connecting with all the parts that made your Loved One a person - the pedestal and the valley

What did you learn from your Loved One?

Multi-Sensory Memories

Tool Kit Inventory

Coping Strategies

YOUR response to "How can I help you?" Or "Let me know if you need anything..."

Executor Checklist

Understanding Grief Beyond Emotions

Belly Breaths

Timed Limited Tearfulness

See, Hear, Feel 5-4-3-2-1

Reframing the Should, Would, Could's of guilt and regret

Personal Strengths

Using devices to capture bits of happiness

Square Breathing

Adjusting

Week 7 Loss History and Growth from Past Losses

Week 18 Venn diagram of your life with Loved One

Week 20 Examine Your Roles, Loved One's Roles and Changes of Roles

Week 24 Stepping back to let other's shine... *Are you the best person to...? Self Care*

Week 22 Understanding your Circle of Support

Week 39 What's your focus?

Living with Loss

Who Can Help Me?

Observing your loss in everyday aspects of life

Recognize your VALUES

Attending special events, gatherings and holidays

Determining an Exit Plan

Kind Limits

Gifts of your Loved One all around you

What else has helped?
