



Prince Edward Island
Association for
Community Living
Diversity includes.

Grief and Loss Workbook

For Caregivers and Direct Support Professionals of Grievors
with Intellectual Disability (ID)

A Project Funded by:



A Booklet Prepared by:



Your Life Design Inc.

'When someone dies'

THIS IS A STORY ABOUT:



By: _____

(fill in using the spaces for drawings, photos, pictures, telling a story about the person you loved)

Someone I loved died. This is a picture of them.



_____ was important to me
because _____

This is a story about the special times that _____
and I spent together.

Some of special things about _____

are _____





_____ was amazing at

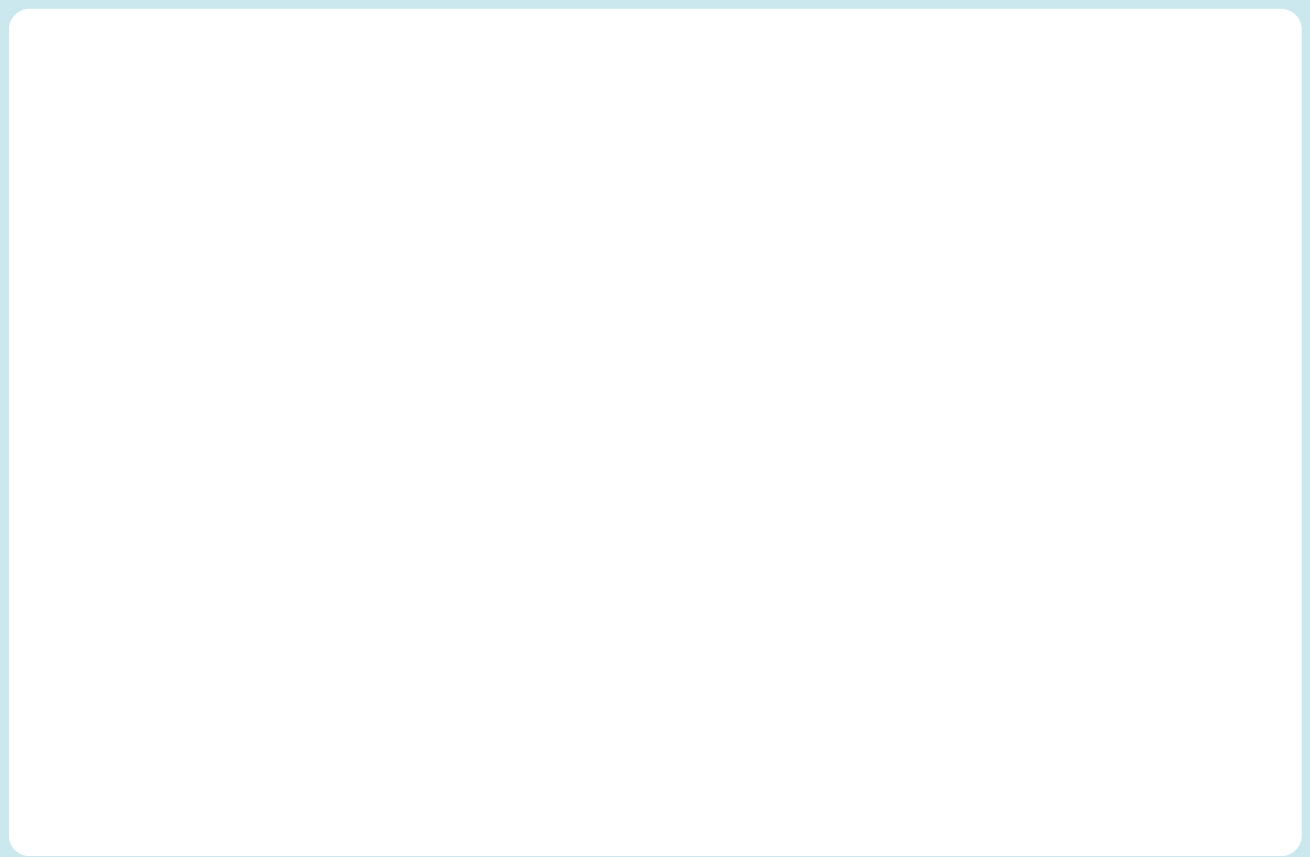


_____ did so many great things with me.

We loved to spend time together. One thing we always did was ...

I remember, one day we went to _____

and we _____



I loved it when we would:



Sometimes we would:



_____ always made me feel better when I was
sad by ... _____

_____ is not going to be able to do all these things anymore. This makes me feel:

I know I will miss _____ very much.

I will always remember those special times we had together.

There are things I wonder about. I would like to ask someone these questions.

Whenever I _____ it will
remind me of _____

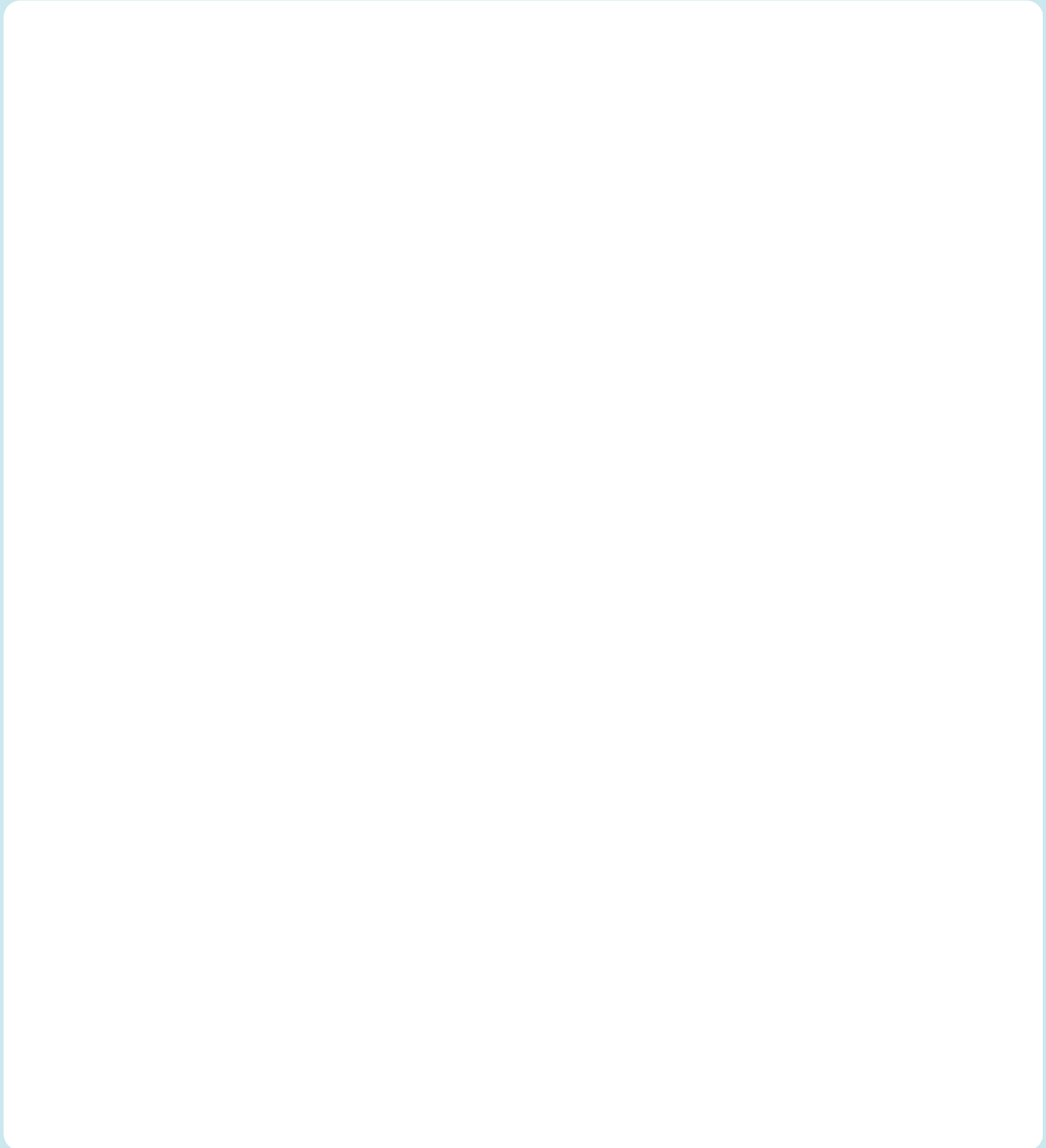


Some things that make me feel better when I am sad are ...

(draw some pictures of what makes you feel better, then close your eyes and try to imagine it)

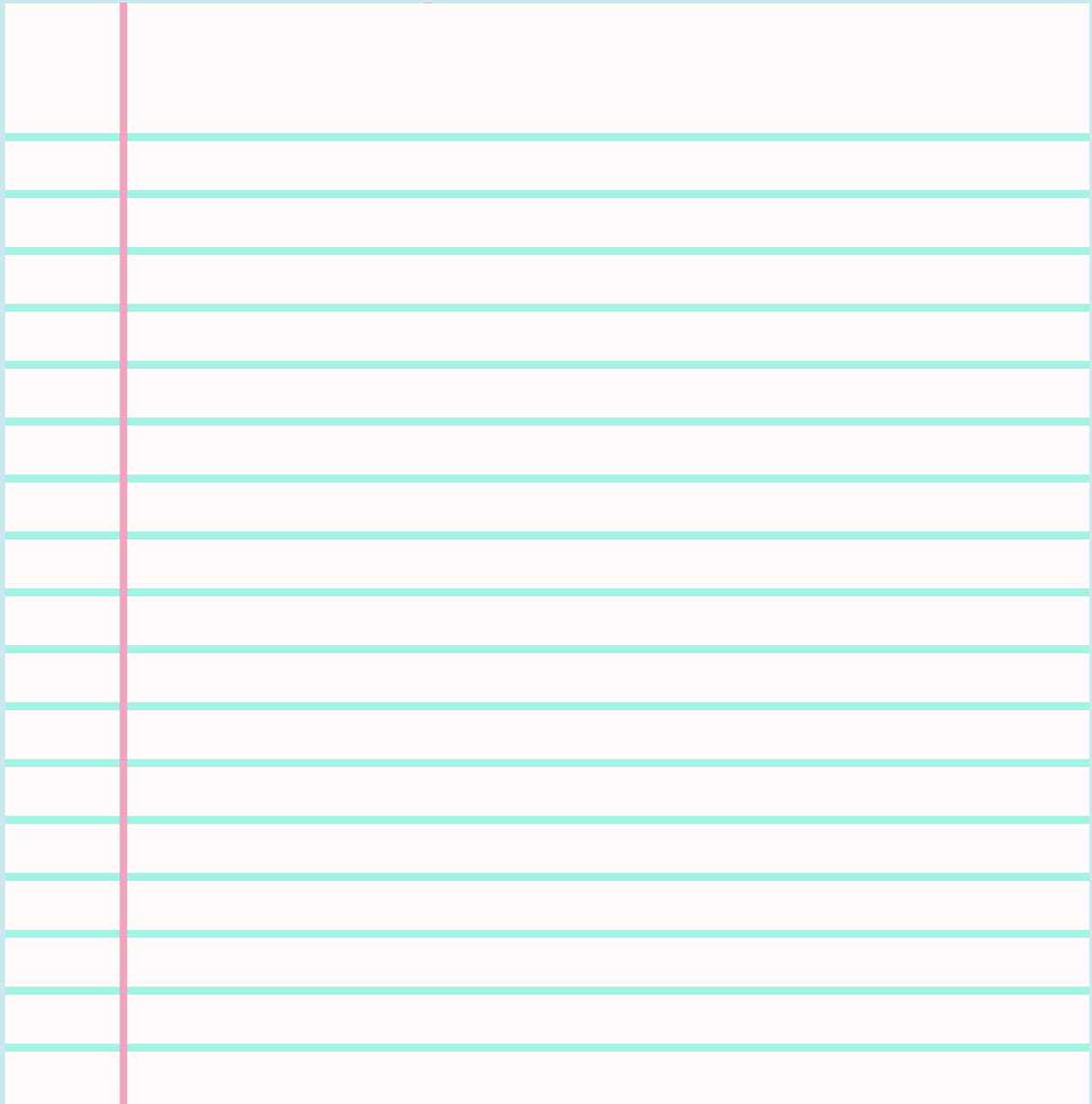


I can use words or show pictures to let others know what I need and how I feel.



A Letter to a Loved One

When you experience the loss of someone, it can often occur unexpectedly. You may find that there were things left unsaid or that you didn't have the chance to speak with them one last time. This activity allows you to express your feelings by writing a letter to your cherished loved one who is no longer with you.

A large white rectangular area for writing a letter. It features a vertical red margin line on the left side and horizontal teal lines for writing. The lines are evenly spaced and cover the entire width of the white area.

Mindfulness & Relaxation

can support you in
healing and self-discovery after loss.

MINDFUL BREATHING

This can be done anywhere at any time and without anyone realizing you are doing it. Mindful breathing involves focusing your attention on your body as breath enters and exits. This exercise is helpful for calming your mind and body, as well as alleviating anxiety.

How to start: Pay attention to the rise and fall of your chest, the feeling of air in your nostrils and the warmth of your breath as it leaves your body. Your mind will occasionally wander to other things, which is normal. When your mind wanders, acknowledge it without being hard on yourself and gently bring your attention back to your breath.

MINDFUL WALKING

This is especially helpful for those whose grief has them feeling depressed or who tend to isolate themselves. A nature walk can also provide an opportunity to reflect on the natural cycle of life and death and to experience the beauty in everything around us.

How to start: If possible, start this exercise outside and spend one to two minutes standing in place before you start walking. Close your eyes and pay close attention to the sounds, smells, feeling of your feet on the ground, the wind on your face, etc. Open your eyes and take in the sights, paying attention to the colors, shapes and textures. When you're ready, begin walking slowly, continuing to focus your attention on the feel of your feet hitting the ground. As you walk, shift your attention from one sense to another. You can spend two blocks focusing on smells, the next block focusing on sounds and so on. With practice, you won't need to have set times or distances for each sense, but you will naturally alternate between awareness of your different senses.

Mindfulness & Relaxation

LOVING KINDNESS

This is a type of mindfulness meditation that involves self-talk. Loving kindness is especially helpful for people who struggle to find acceptance or are being self-critical of their progress through grief. This exercise can also be done to show loving kindness toward the person who died.

How to start: The premise is to create a type of mantra to recite to yourself silently, or out loud, that helps you move toward accepting these words as true. You can create your own mantra specific to a certain issue you are struggling with. Examples: May I be happy, may I be peaceful, may I be free from suffering, may I be forgiving, may I trust the process, may I have the courage to move forward, etc. Use it as a formal meditation practice or simply say your mantra silently throughout the day (as needed).

MEDITATION

Meditation has been shown to reduce many of the unwanted physical and psychological effects associated with grief, such as insomnia, poor memory and concentration, and the experience of difficult emotions, along with supporting overall good health.

How to start: Listen to audio or video guided meditations, like this one - Meditation On Grief - Jack Kornfield - <https://jackkornfield.com/meditation-grief/>

Mindfulness & Relaxation

JOURNALING

Sometimes you'll know what you want to write or express and, other times, you may not know where to begin. These grief journal prompts can help you get started on an entry:

- I keep remembering...
- I've been feeling...
- I had a hard time...
- I was proud of myself when...
- I am going to take care of myself by...

DRAWING

Drawing can help if you are sad because it lets you show your feelings without using words. It can also help you feel calm and remember happy times with the person you miss.

How to start: You can make any drawing that feels right for you today. You can draw a picture of yourself to show how you feel, a picture of the person you care about who has passed away, or how you see your feelings about the loss. You could also draw how your relationships have changed. Your drawing can be anything special to you, and it's perfectly okay to be creative!

OTHER WAYS

- Music
- Poetry
- Dance
- Quilting
- Scrapbooking
- Pottery
- Whatever inspires you

