

Prompt examples for Memory/Coping Jars

- A special memory I have about my person is....
- Something my person taught me...
- Something we enjoyed doing together is...
- A memory that makes me smile...
- A song that reminds me of my person...
- Something I can do when feeling stuck in my grief is...
- Ways I can take care of myself...
- Skills I can use when I am struggling...
- Someone I can talk to is...
- What I wish I could say to my person is...
- Something I am proud of is...
- A way I can honor my person is...
- Something I am looking forward to...
- One thing I want to thank my person for is...

Examples of ways to give ourselves grace as we manage grief:

- Allow feelings to come, give them space without judgement
- Lean on your support people
- Utilize resources like counseling or clergy support
- Recognize that loss does not follow a predictable pattern
- Try journaling to support expression or as a way to speak to your loved one
- Take care of your physical needs- it is okay to be in survival mode
- It is okay to “take a break” from grieving
- Listen to music
- Spend time outside
- Donate to a charity or volunteer
- Make a comfort/memory food
- Find a tradition or ritual to honor your loved one