

The Heart to Heart
GRIEF PODCAST

GRIEF ACTIVITY

1. WRITE DOWN THE WORD GRIEF.
2. STUDY THE WORD.
3. SAY THE WORD.
4. FEEL THE WORD.
5. WHAT DOES THE WORD SAY TO YOU?
6. WHAT ARE YOU SAYING TO GRIEF? (BE HONEST.)
7. WHAT DOES THE HOLY SPIRIT SAY TO YOU ABOUT THE WORD?
8. WHAT DOES YOUR BODY SAY TO YOU ABOUT THE WORD?
9. CREATE AN ACRONYM FROM THE WORD GRIEF.
10. WRITE DOWN ONE PERSON, PLACE, THING, OR IDEA YOU'RE GRIEVING NOW.
11. HOW HAS YOUR LIFE CHANGED SINCE THE LOSS?
12. DRAW A PICTURE OF YOUR LIFE BEFORE THIS LOSS.
13. DRAW A PICTURE OF YOUR LIFE AFTER THE LOSS.
14. WHAT DOES THIS PICTURE REVEAL TO YOU?
15. DESCRIBE THE MESSAGE THAT YOUR SOUL IS GIVING YOU.
16. DESCRIBE YOUR CONNECTION TO THIS PERSON, PLACE, THING, OR IDEA.
17. SENSES EXERCISE: FIND 5 THINGS THAT YOU HEARD, SAW, TOUCHED, TASTED, OR SMELLED WHEN IT COMES TO THIS PERSON, PLACE, THING , OR IDEA THAT YOU LOSS.
18. WRITE THEM DOWN.
19. SLOWLY BREATHE IN AND OUT 3 TIMES TO RELAX YOUR NERVOUS SYSTEM.
20. SET A TIMER ON HOW MANY MINUTES YOU INTERACT WITH YOUR GRIEF EACH DAY, INCREASING THE TIME AS YOU BUILD UP RESILIENCE & CAPACITY WITH YOUR NERVOUS SYSTEM.