



September

2024

LOSS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 I will reach out to trusted friends or family for support during this difficult time.	2 I will practice self-compassion.	3 I reach out to friends who may be going through similar experiences.	4 I will create a safe space for myself where I can process my feelings.	5 I am not alone in my grief.	6 I will practice patience and self-compassion.	7 I will find strength in sharing my story with others.
8 I will find ways to give back or volunteer in memory of my loved one.	9 I will honor my loved one's memory by carrying forward their passions and values.	10 I will lean on my hobbies and interests as a source of comfort and distraction.	11 Healing is a gradual process and that it's okay to take it one day at a time.	12 I will write a letter to my loved one, expressing my thoughts and feelings.	13 I will engage in activities that bring me joy and relaxation.	14 I will find comfort sports, which can help release emotional tension.
15 I will create a playlist of songs that remind me of my loved one.	16 I will find strength in writing in a journal.	17 I will seek comfort in meditation.	18 I will remind myself that it's okay to have good days and bad days.	19 I am not alone in my grief and there are people who care.	20 I will allow myself to laugh and find moments of joy.	21 I will remind myself that it's normal to have triggers and waves of grief.
22 I will create a memory garden or plant a special flower in honor of my loved one.	23 All my feelings are valid.	24 I will find strength in sharing my story with others.	25 I matter.	26 I will take walks to find peace and connection.	27 I will seek out guidance from a trusted adult who has experienced similar loss.	28 It's OK to cry.
29 I will create a collage to display photos of my loved one, celebrating their life.	30 I will give myself time and space to heal from the pain of loss.					
						

Loss is when you have to say goodbye to something or someone that you really care about. It can be really hard to deal with because it feels like a big hole has been left in your life. It's like when you have to move away from your hometown and leave all your friends behind. You might feel really sad and miss them a lot. Loss can happen in many different ways, like losing a game, a competition, or a job. When you experience loss, it's important to remember that it's okay to feel upset and that you're not alone.