

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

Week 4 Learning the William Worden's *Tasks of Mourning* to help make sense of grief

Week 6 Learning about what MAY come up in MY *Personal Journey of Grief*

Week 11 Active, intentional grieving

Week 16 Deepened awareness of the movement in and out of a grief focus - Okay to give yourself a break.

Week 17 Secondary Losses

Week 19 Two styles of growth through grief

Emotional Awareness

Week 8 Identifying ALL sorts of feelings of grief

Week 21 Gratitude

Week 21 Forgiveness statement

Week 21 Personal recognition and pride of your growth

Week 27 Exploring Happiness

Beyond Emotions

Week 10 Where do I feel stress in my body.

Week 10 Recognizing *how do I feel healthy*

Week 30 Coping with Grief Pressure Points

Week 33 Addressing OTHERS expectations of YOUR grief

Remembering

Week 11 Capturing Memories Journal

Week 12 Seasonal look at memories

Week 15 Connecting Tough Emotions to Memories

Week 34 Connecting with all the parts that made your Loved One a person - the pedestal and the valley

Week 36 What did you learn from your Loved One?

Week 37 Multi-Sensory Memories

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Coping Strategies

- Week 1 YOUR response to "How can I help you?" Or "Let me know if you need anything..."
 - Week 2 Executor Checklist
 - Week 3 Understanding Grief Beyond Emotions
 - Week 7 Belly Breaths
 - Week 9 Timed Limited Tearfulness
 - Week 12 See, Hear, Feel 5-4-3-2-1
 - Week 14 Reframing the Should, Would, Could's of guilt and regret
 - Week 22 Personal Strengths
 - Week 27 Using devices to capture bits of happiness
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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?
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Living with Loss

- Week 21 Mirror Work
 - Week 22 Who Can Help Me?
 - Week 25 Coping with observing your loss in everyday aspects of life
 - Week 26 What's your bother?
 - Week 26 Where do you see light in your life?
 - Week 28 Recognize your VALUES
 - Week 29 Attending special events, gatherings and holidays
 - Week 29 Determining an Exit Plan
 - Week 31 Kind Limits
 - Week 35 Gifts of your Loved One all around you.
 - Week 38 Anniversary & Special Days calendar
 - Week 38 Rituals
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Building YOUR Grief Story

- Week 5 The Story of the Death
 - Week 13 The story of the illness or time leading up to the death
 - Week 32 The Story of Your Relationship
 - Week 40 The story of LIFE with your Loved One
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