



PINELAWN MEMORIAL PARK AND ARBORETUM'S

# *Grief Support Workshop Series*

*in collaboration with COPE Foundation*





**From Grief To Peace:  
Journaling for Life After Loss**  
<http://bit.ly/cope-journaling>



**Heather Stang, MA, C-IAYT**  
Founder, Mindfulness & Grief Institute



# Agenda

- How journaling impacts your health & wellbeing through grief & beyond
- The many types of journaling styles
- Journaling tips to silence the inner critic
- Writing prompts to get you started





# Why should you journal through grief?

- Reduces stress
- Builds resilience
- Improves immune functioning
- Sharpens memory & cognitive function
- Improves mood
- Improves sleep
- Improves creativity
- Increases emotional intelligence
- Contributes to meaning reconstruction



...the working life of  
...looks beautiful in the  
...yet the best  
...other life  
...nurtures  
...from it, yet I  
...You can sit alone  
...Eventually getting  
...a worm  
...to being  
...your  
...sweet  
...product  
...one  
...from  
...of you  
...circumstances.  
...presence.





Connect with the part of you that is aware that you are aware.  
Note what you sense in your:

*breath*

*body*

*thoughts*

*emotions*

What one thing stands out to you the most?

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14 mindful awareness



tending to my grief matters to me bec

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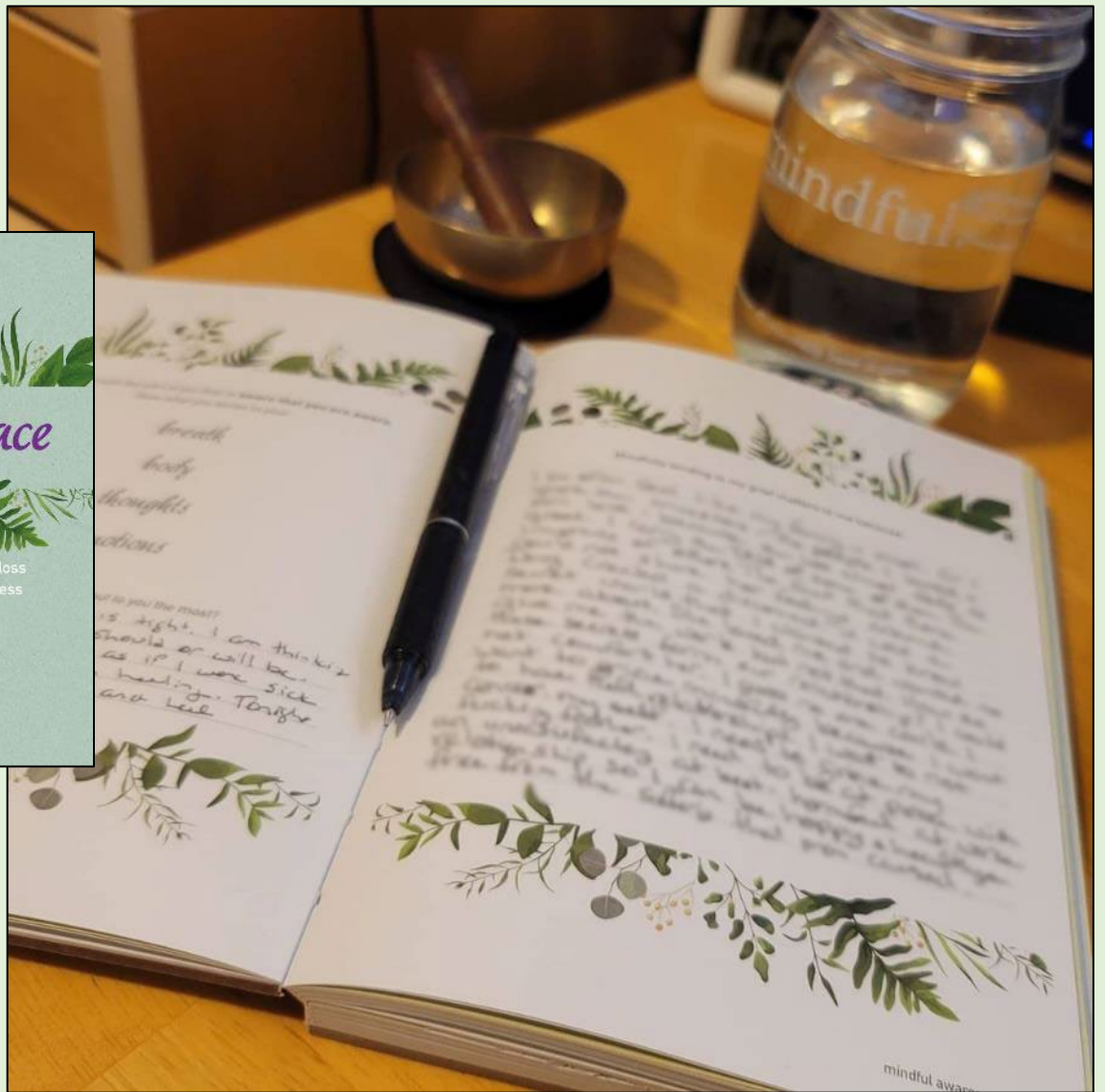
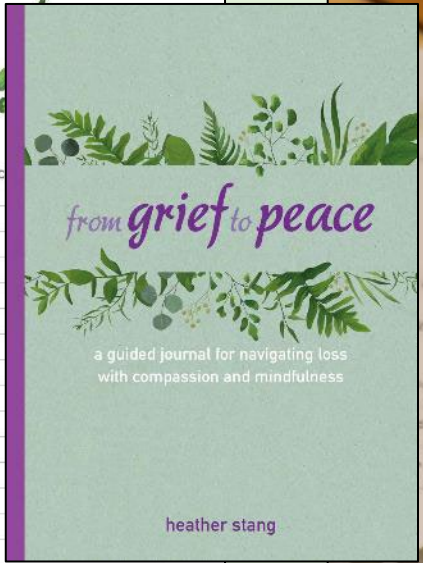
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mindful awareness 15



From Grief To Peace (Stang, 2021)





# Gratitude JOURNAL

Monday

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I am grateful for

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- .....

Tuesday

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- .....

Wednesday

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Thursday

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HIGHLIGHT  
of the week

Friday

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Weekend

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i'm looking  
forward to...







# Journaling Tips In *From Grief To Peace*

- There are no right or wrong answers
- Mindfully engage with your whole being
- Approach familiar subjects as if it were the first time
- Walk up to the edge, but don't fall over
- Seek out physical and emotional support as needed
- If you are using a guided journal, go through in order — or don't
- Bonus Tip: Make it a habit by linking it to a regular activity



*From Grief To Peace* (Stang, 2021)





# Twelve-minute Warmup

- 1 Minute : Objective
- 1 Minute : Opinion
- 1 Minute : Comparison
- 3 Minute : List
- 6 Minute : Narrative



# 5-minute Warmup Sprints

## Synopsis

Set a timer for five minutes and describe what happened on the latest episode of your favorite television show or in the book you are currently reading. Follow the same rules above: No editing, reading, or stopping.

## Picture Your Prompt

Set a timer for five minutes, then head over to [National Geographic's Photo Of The Day](#) and describe what you see (without reading the caption if you can!). And, you guessed it, no editing, reading, or stopping.





# Timed Writing: Pick One

- When I pay attention to my natural breath I...
- Write about a time when you were kind to another person.
- Describe something you were afraid to do but did anyway and what you learned from the experience.
- Choose a power anthem, a song that makes you feel strong and resilient. What is your favorite line from this song? How does this song reflect who you are in the process of becoming?

*From Grief To Peace (Stang, 2021)*



# Integration Reflection

- Look back through what you wrote. What feels significant?
- Consider how you felt during the journaling practice. What stands out to you?
- What can you take forward into your life from this experience?

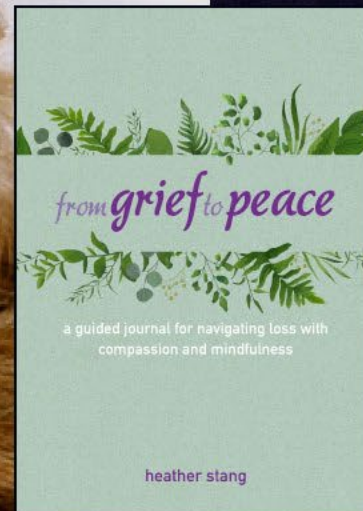
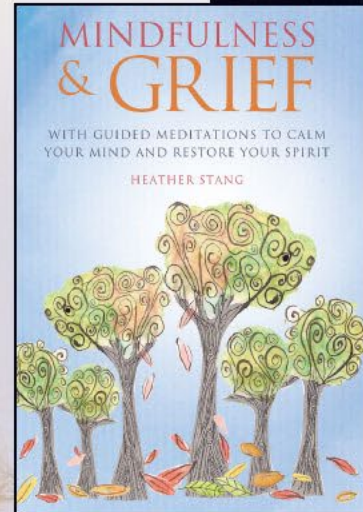




MINDFULNESS  
& GRIEF  
INSTITUTE



AWAKEN  
meditation for grief & online support



**Slides & Downloads:**  
<http://bit.ly/cope-journaling>

**Heather Stang, MA, C-IAYT**  
Author, Mindfulness & Grief  
& From Grief To Peace

MindfulnessAndGrief.com  
heather@mindfulnessandgrief.com



# *Thank you for joining us!*

Next Grief Workshop:  
**Allowing Nature to Hold Us: Grief and Healing through  
Nature-Based Practice**  
Tuesday, March 22nd  
7:00 pm

Registration begins March 1st

