

# Grief Support Identification Worksheet

This worksheet is designed to help you identify the support and assistance you need in various areas of your life while you navigate your grief journey. Take your time to reflect on each section and write down your thoughts and needs.

## **1. Personal and Emotional Support**

**Description:** Identifying emotional support needs from family, friends, and professional counselors.

Support Area	Description of Need	Who Can Help	Action Plan
Emotional Well-being	Need someone to talk to and share feelings with	Family, Friends, Therapist	Schedule regular check-ins and therapy sessions
Grief Counseling	Professional guidance to process grief	Licensed Counselor, Support Groups	Find a local or online support group, book sessions
Mental Health	Managing anxiety, depression, or other mental health issues	Psychologist, Psychiatrist	Seek professional mental health services

### **Thoughts and Needs**

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## **2. Social Support**

**Description:** Understanding the social connections and activities that can provide comfort and distraction.

Support Area	Description of Need	Who Can Help	Action Plan
Social Interactions	Spending time with friends and social groups	Friends, Community Groups	Plan regular social outings, join clubs or groups
Isolation Prevention	Avoiding feeling isolated or lonely	Family, Friends	Set up regular visits or calls with loved ones

Support Area	Description of Need	Who Can Help	Action Plan
Recreational Activities	Engaging in hobbies and leisure activities	Hobby Groups, Community Centers	Enroll in classes or clubs, schedule regular activities

### Thoughts and Needs

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### 3. Physical Health Support

**Description:** Ensuring your physical well-being through proper healthcare and lifestyle choices.

Support Area	Description of Need	Who Can Help	Action Plan
Medical Care	Regular check-ups and managing health conditions	Primary Care Physician, Specialists	Schedule medical appointments, follow treatment plans
Exercise and Fitness	Staying active and maintaining physical health	Fitness Trainers, Exercise Classes	Join a gym, start a fitness routine, attend classes
Nutrition	Eating a balanced and healthy diet	Nutritionists, Dietitians	Consult with a nutritionist, follow meal plans

### Thoughts and Needs

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#### **4. Practical and Daily Living Support**

**Description:** Managing daily tasks and practical needs to ensure a stable and organized life.

<b>Support Area</b>	<b>Description of Need</b>	<b>Who Can Help</b>	<b>Action Plan</b>
Household Management	Maintaining a clean and organized living space	Family, Cleaning Services	Hire cleaning services, create a cleaning schedule
Financial Management	Managing bills, expenses, and financial planning	Financial Advisors, Accountants	Consult with a financial advisor, set up a budget
Transportation	Assistance with getting to appointments and activities	Friends, Ride Services	Arrange transportation services, ask for rides

#### **Thoughts and Needs**

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#### **5. Professional and Career Support**

**Description:** Seeking support for work-related challenges and career development.

<b>Support Area</b>	<b>Description of Need</b>	<b>Who Can Help</b>	<b>Action Plan</b>
Job Performance	Managing work responsibilities while grieving	HR Department, Supervisors	Communicate needs to HR, adjust workload
Career Counseling	Guidance on career development and transitions	Career Coaches, Mentors	Seek career counseling, set career goals
Work-Life Balance	Maintaining a balance between work and personal life	Supervisors, Mentors	Create a balanced schedule, set boundaries

Thoughts and Needs

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6. Spiritual and Personal Growth Support

**Description:** Finding spiritual or personal growth resources to help with meaning and purpose.

Support Area	Description of Need	Who Can Help	Action Plan
Spiritual Guidance	Seeking comfort and guidance through faith	Spiritual Leaders, Faith Communities	Attend services, meet with spiritual leaders
Personal Development	Engaging in self-improvement and growth activities	Life Coaches, Self-Help Groups	Join workshops, read self-help books
Meaning and Purpose	Finding activities that bring a sense of meaning	Volunteer Organizations, Mentors	Volunteer, participate in community projects

Thoughts and Needs

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## **Reflections**

Take some time to reflect on your overall support needs and write down any additional thoughts or areas where you feel you need help.

### **Overall Reflections:**

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By identifying and addressing your needs in these areas, you can create a comprehensive support system that helps you navigate your grief with more stability and comfort.