

# 5 STAGES OF GRIEF

## TIPS FOR SELF-CARE

1 Denial

Free-flow Journal for 10 minutes  
Put out Fresh Flowers  
Eat healthy foods

2 Anger

Do a cardio workout  
Paint with your fingers  
Get a massage

3 Bargaining

Forgive someone, apologize to someone  
Watch an empowering movie or documentary  
Write a letter to yourself

4 Depression

Call a Friend  
Walk through a garden  
Look for the opportunity to show kindness

5 Acceptance

Write a bucket-list  
Do a closet purge  
Write your needs/wants for relationships