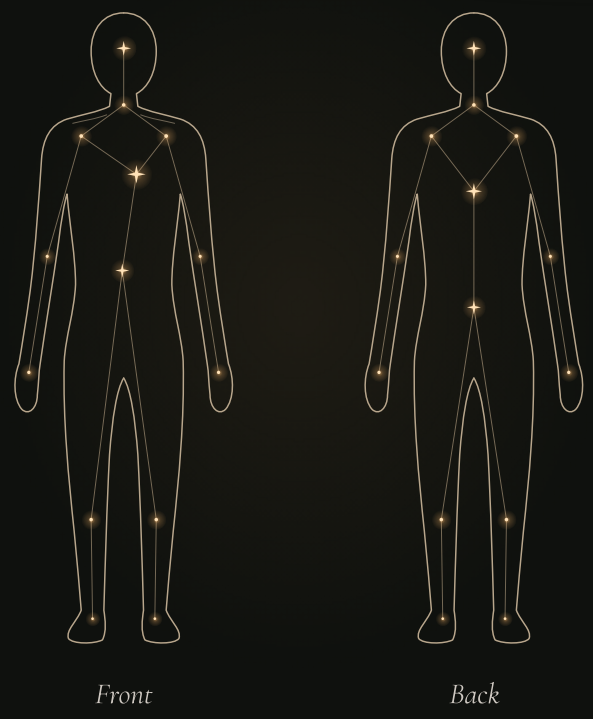
AFTERGLOW

Your Grief Body Map

Grief is not only a feeling. It sits in the body too, and naming where it sits can make it easier to carry.

Date _____



Front *Back*

Shade or circle where you feel it. There is no wrong answer.

What it feels like

- ○ Tight chest, or a weight sitting on it
- ○ A lump in the throat
- ○ Hollow or churning stomach
- ○ Heavy arms and legs
- ○ Tension in the jaw or shoulders
- ○ Exhaustion sleep does not fix
- ○ Racing or pounding heart
- ○ Shallow or held breath
- ○ Headaches or pressure behind the eyes
- ○ Restless, unable to sit still
- ○ Appetite gone, or constant hunger
- ○ Numb, far away from your own body
- ○ Something else _____

- *Where do you feel it today, and what does it feel like there?*

- *When does it show up? A time of day, a place, a sound, a name.*

- *What has helped it ease, even a little, even once?*

A way of noticing, not a diagnosis or medical advice.
Free to print, keep and share. **theafterglow.app/resources**

If it feels like too much, Samaritans are free, any time.
UK and Ireland **116 123**. Elsewhere, findahelpline.com