

# Grief and Work-Life Worksheets

## 1. Understanding Your Grief

Describe how your grief is currently manifesting. Consider emotions, physical sensations, and thoughts.

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## 2. Impact on Work

Reflect on how your grief has affected your concentration, motivation, and overall performance at work.

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## 3. Communicating at Work

Outline a plan for communicating your needs and boundaries to your employer and colleagues.

- Needs:

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- Boundaries:

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- Preferred Support:

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#### **4. Developing Coping Strategies**

Identify strategies you can use during work hours to manage moments of intense emotion or overwhelm.

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#### **5. Outside-Work Coping Strategies:**

List activities and practices outside of work that can support your healing and provide comfort.

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## 5. Adjusting Work Responsibilities

Consider if there are any temporary adjustments to your work responsibilities that could help (e.g., flexible hours, reduced workload).

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## 6. Self-Compassion and Patience

Write a statement of self-compassion, acknowledging the difficulty of your experience and affirming your right to grieve and heal.

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