



## GRACE

Be thankful for the time spent with your loved one and recognize acts of kindness from others.



## RESILIENCE

Engage with positive memories, seek inspiration, and practice self-expression through journaling and laughter.



## INSPIRATION

Seek support from others, practice mindfulness, and connect with personal beliefs and values.



## EMPATHY

Understand your own emotions and practice self-compassion. Actively listen and empathize with others' perspectives.



## FAITH

Practice reflection, forgiveness, and exploration of questions of meaning through faith.

# GRIFFIN'S GRIEF GUIDE

Provides a holistic approach to navigating the complex and challenging experience of grief while on your journey of healing and transformation.

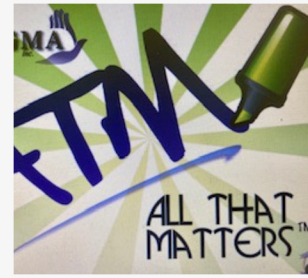
*Created By*

*Dr. Angelia Griffin*



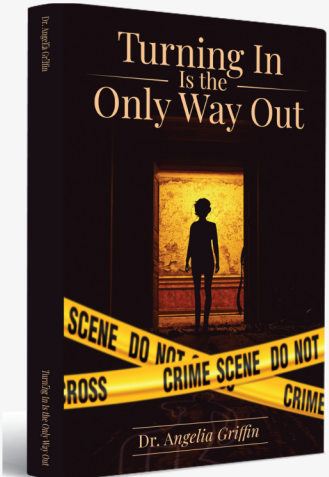
# Our G.R.I.E.F. Journey

## "Grief is not a process, it's a journey!"



Please Read  
My Book

*"Turning In Is  
The Only Way Out"*  
by Dr. A.



Please Call  
24/7 Hotline

**DIAL/TEXT: 988**  
National Suicide  
Prevention Lifeline  
**1-877-969-0010**  
Compassionate Friends

Journal your  
Experience

Reflect on your feelings  
at the end of each  
Chapter of the book.

Griffin's G.R.I.E.F.  
Guide

Please Apply My  
G..R..I..E..F.. Guide  
best practices.

