

Grief Quiz

AM I GRIEVING?

- I relocated
- I lost my job
- I have a broken relationship
- I have a health challenge
- I miss the old me
- I changed careers
- I lost my pet
- I have experienced trauma
- I have financial challenges
- I am constantly irritable or angry
- I feel numb or apathetic
- I have back/headaches/joint pain
- I am sad about world events
- I lost a friend
- I lost a loved one

IF YOU'VE CHECKED ANY OF THE
BOXES, YOU MAY BE GRIEVING...

@imnatashasmith

I AM
GRIEVING...
WHAT
NEXT?

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