



Big Bend Hospice **Bereavement Services**

Affirmations for Coping with Grief

- I give myself permission to grieve.
- I can allow myself to feel my emotions.
- I am patient with myself as I go through grief.
- I can handle this.
- I have the courage to face my emotions.
- I have people that love and care about me.
- It's okay if I grieve in my own way and in my own time.
- Grieving is hard – I can do hard things.
- It is normal to feel overwhelmed at times.
- I am not helpless; I choose to heal.
- I will remind myself of what I can and cannot control.
- It's okay to ask for help. I can accept help when it's offered.
- _____ lifts me, supports me, guides me.
- Grieving takes time. I am patient with my healing process.
- I can rest today if I need it.
- I'm discovering new strengths within myself.
- It's okay if I set healthy boundaries, including saying no.
- I am thankful for the time I shared with my loved one.
- _____
- _____
- _____
- _____
- _____

Resources:

www.happierhuman.com/grief-affirmations

www.spiritualityhealth.com/articles/2016/08/22/16-affirmations-coping-grief

griefyoga.com/affirmations



Big Bend Hospice
Inspiring Hope, One Family at a Time

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