

# GOOD GRIEF

## SUICIDE LOSS SUPPORT GROUP

### The Importance of Self-Care During Grief

As we grieve it is important to remember to take care of ourselves. Each grief journey is as unique as the individual who walks its path. That being recognized, an aspect of grief that is common to all who grieve is the need for self-care. **LOVE YOURSELF TODAY.... YOU GOT THIS!**

*The Good Grief Suicide Loss Support Group is for suicide loss survivors and is free and confidential.*

### self-care checklist

WEEK OF:

#### INTENTION

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#### INSPIRATION

##### MIND

- Read
- Listen to a podcast
- Declutter
- Take a class
- Meditate
- Affirmations
- Try something new

##### BODY

- Walk
- Go to the gym
- Do yoga
- Stretch
- Drink water
- Eat whole foods
- Get enough sleep

##### SOUL

- Practice gratitude
- Unplug
- Work on your passion
- Journal
- Listen to music
- Pamper yourself
- Get some fresh air

Facilitators:

Rhonda Marglon  
(530) 921-2018

Linda Henrich  
(530) 524-9089

Meeting Dates:

1st and 3rd Monday  
Every Month  
(Except on Holidays)

Meeting Times:

7:00 pm – 8:30 pm

Meeting Place:

Starbucks  
2400 S Bonneyview Rd  
Redding, CA 96001

Website:

[LittleStepsOfHope.com](http://LittleStepsOfHope.com)

Email:

[GoodGriefRedding@yahoo.com](mailto:GoodGriefRedding@yahoo.com)

Facebook:

GoodGriefSupportGroup