

Good grief, this hurts!

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## REFLECTION GUIDE

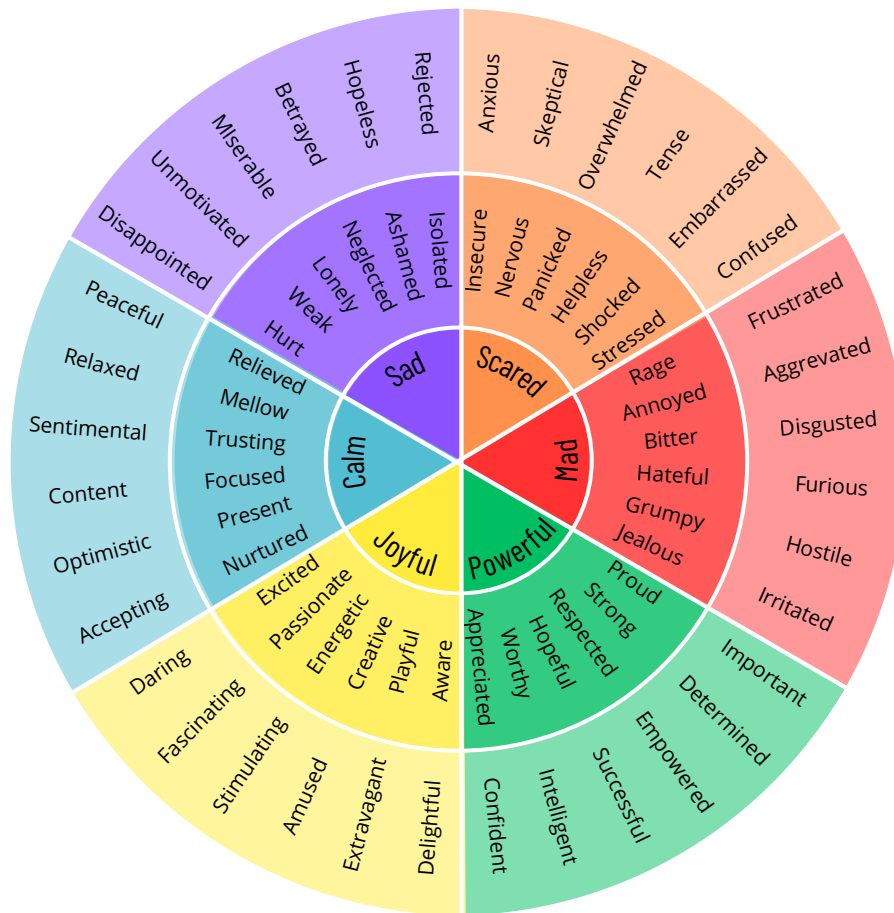
### Thank you for being part of Good grief, this hurts!

We acknowledge that the themes and discussions explored in this webinar may have brought up a range of feelings for you. We invite you to take some time and space to go through this Reflection Guide to help you explore some of these emotions and think about ways you can care for yourself.

If you need further support, please reach out to a trusted friend, family member or mentor.

Or contact Lifeline on 13 11 14. Help is available.

# How are you feeling today?



Use The Feeling Wheel above as inspiration to write down all of the emotions you have felt today. All of your feelings are valid!

Where do you feel those emotions in your body? Get quiet for a moment and tap into what your body is telling you.

# What makes you feel good?

What are your favourite things to do? What lifts your spirits and nurtures your soul? Circle the activities you love and add some of your own to the empty boxes below.



Exercise

Meditation / Prayer



Time in Nature

Creativity

Reading



Restful Sleep




Journalling

Breathwork

Silence  
& Reflection

Connecting with  
friends and family

Water ~  
swimming,  
bath or shower



Music & Dance

Playing a fun game



Cuddling a pet

Talking with a  
coach or counsellor

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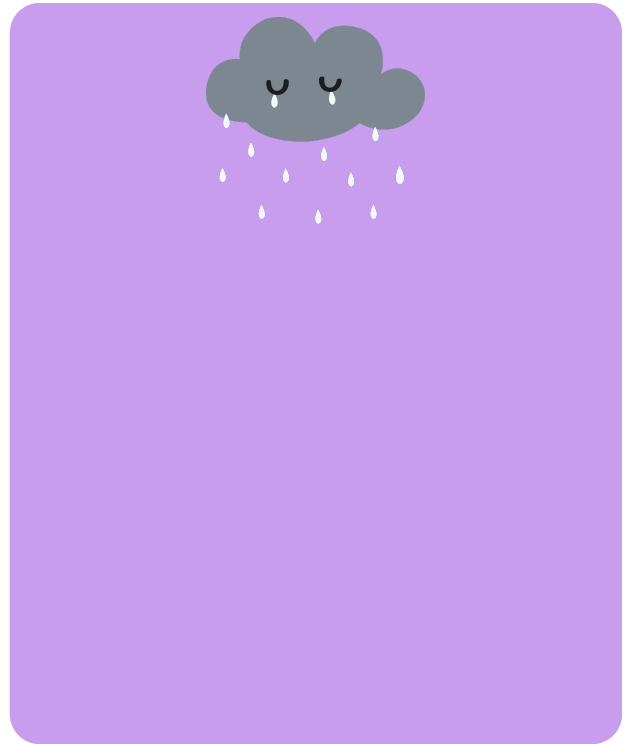
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# Mood Music

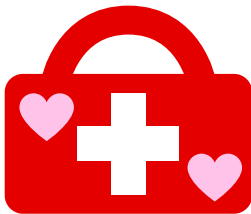
Which songs lift your spirits and make you want to get up and dance?



Which songs inspire a good cry and help you release emotion?



## Create your Self-Care First Aid Kit



If you needed to shift your energy and tend to your self-care, what are the top five things you could access to help lift your spirits? Put these into your self-care first aid kit so you know what they are and have easy access when you need them most.

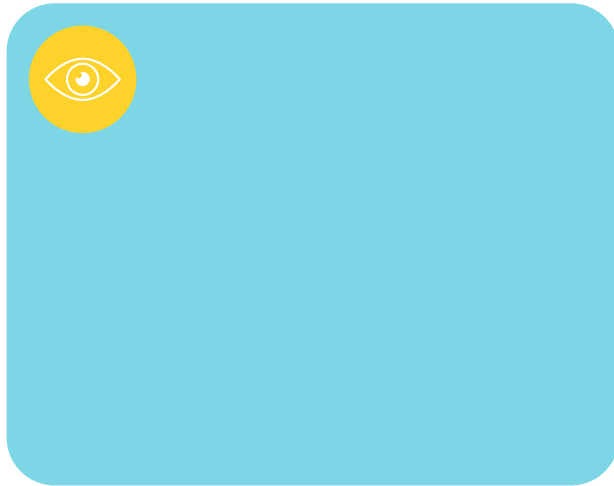
- 1
- 2
- 3
- 4
- 5



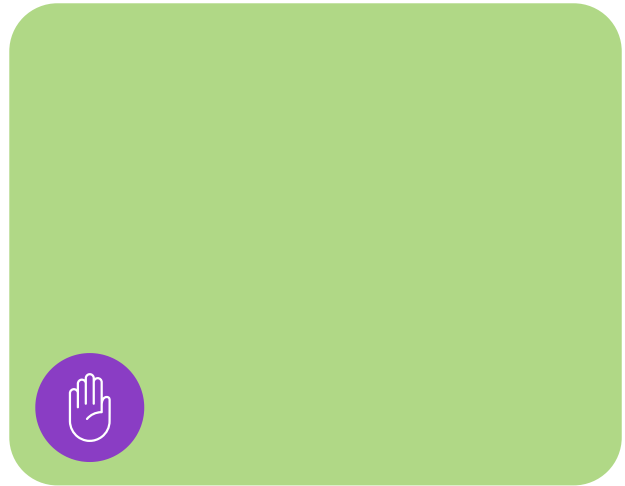
# Mindfulness

Switch your senses up to a superpower level. Be still and notice what you smell, see, hear, taste and touch. Try to only focus on those things. Allow other thoughts to pass by like clouds.

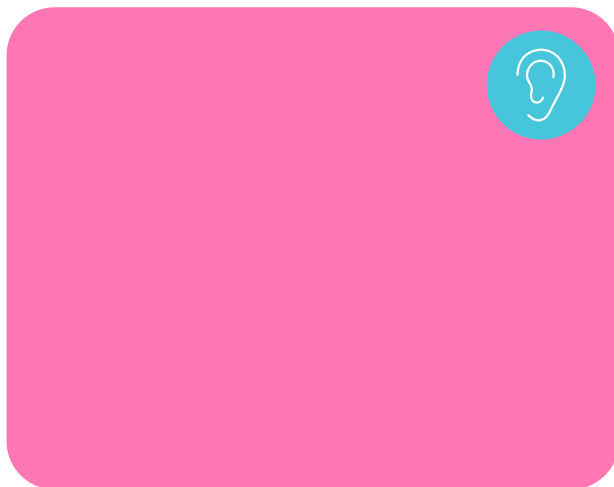
5 things you can SEE



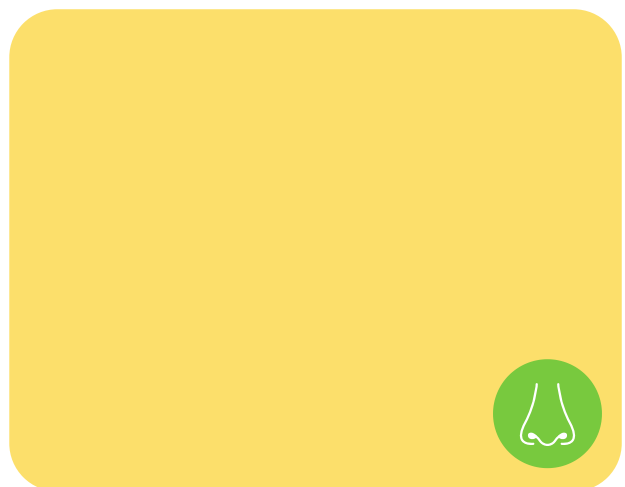
4 things you can TOUCH



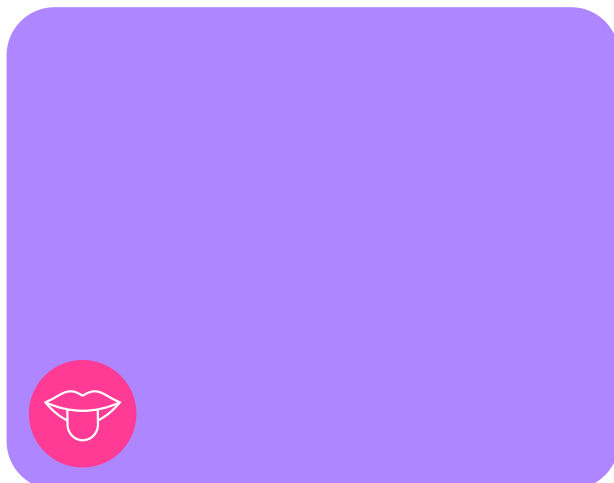
3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE



If you were to create a special ritual using items that inspire your senses, what elements would you include?

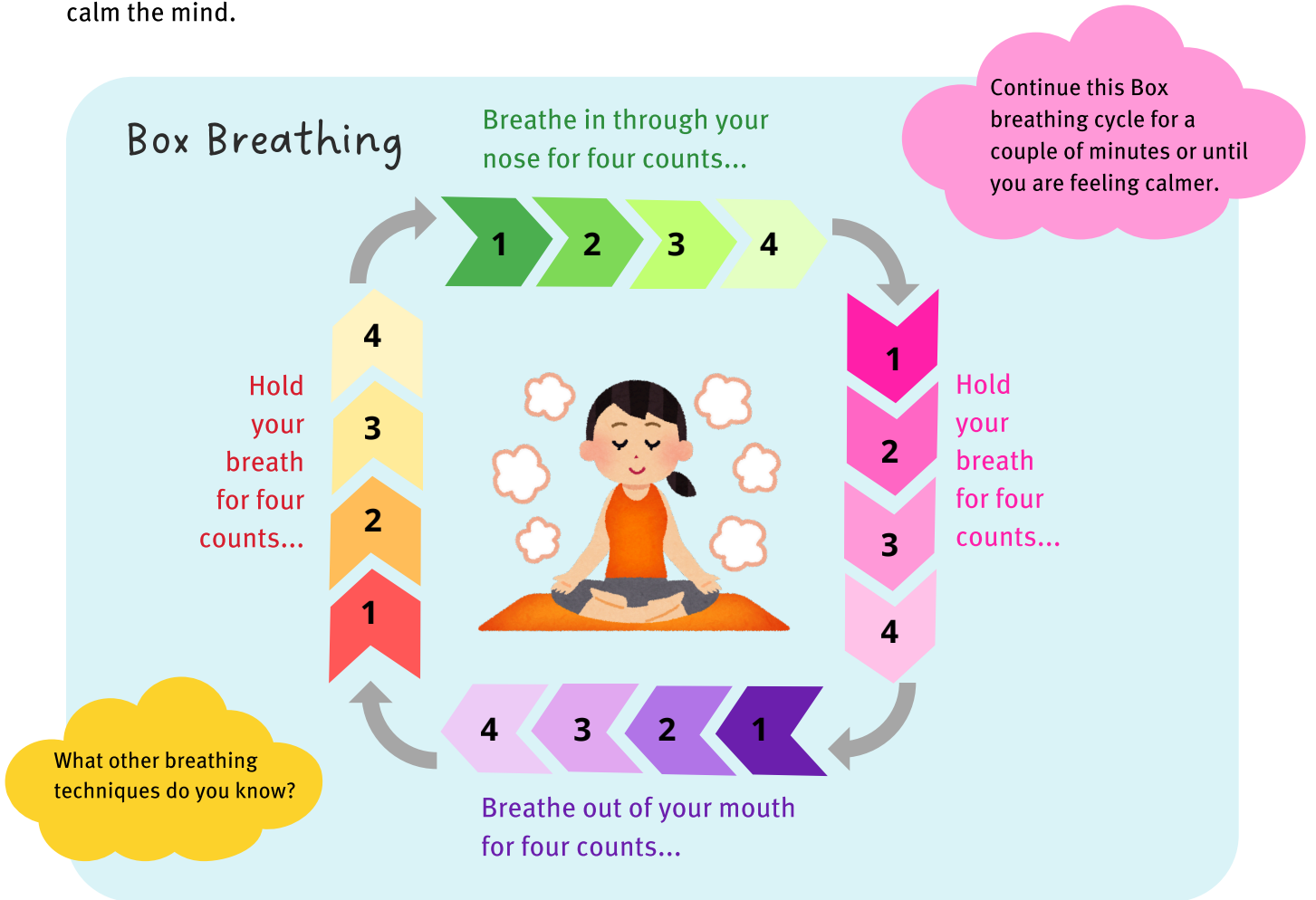
eg. lighting a special scented candle, making a cup of your favourite herbal tea



# Take a Breather

Simply taking a few minutes to be intentional with our breath can be really powerful.

One technique you can use is called Box breathing, or Square breathing, which is a powerful yet simple breathing technique designed to promote relaxation and help calm the mind.



## What are your superpowers?

We all have things that we are good at. What three things are YOU really good at? What do you love most about yourself? What are your special gifts, talents and superpowers? (Superman's got nothing on you!). Write your superpowers in the space below.

1

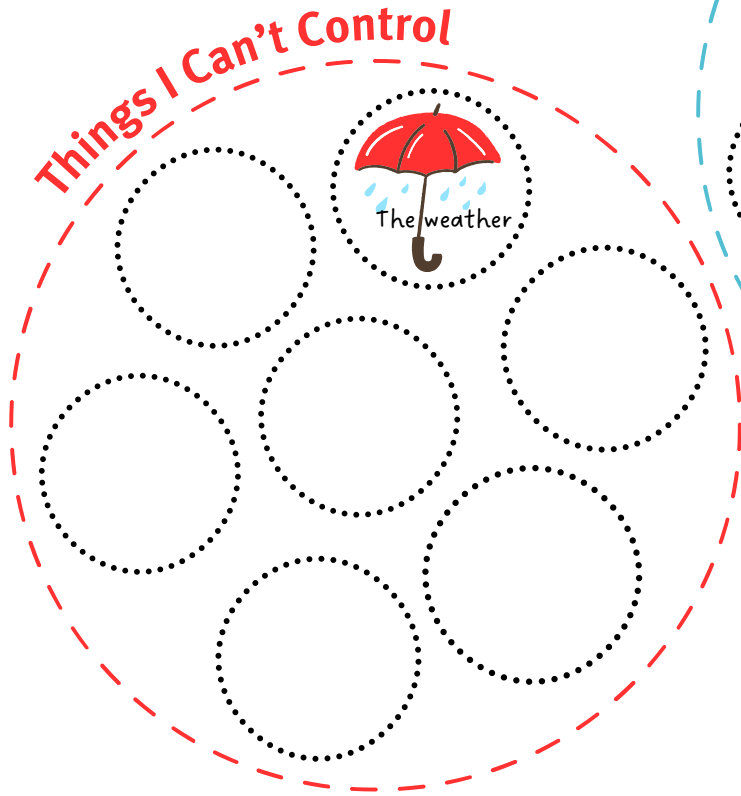
2

3

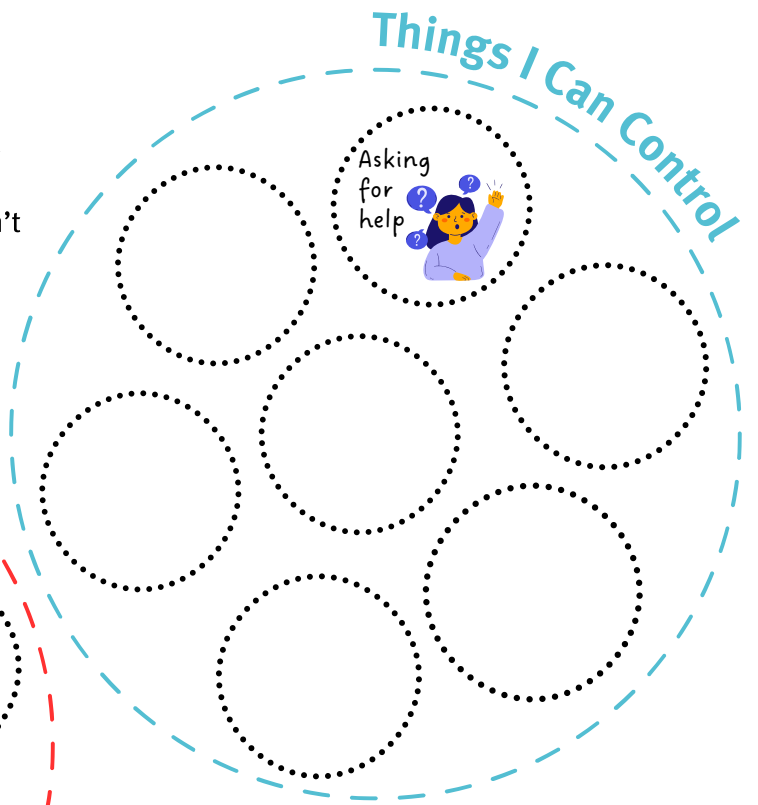
# Circle of Control

There are some things we can control in life and other things we can't. Think about what things you do have control over and the things you can't control. Draw them in the circles.

**Things I Can't Control**



**Things I Can Control**



Here are some ideas to get you started. Which circle would you put them in?

- What others think
- What others say
- Being kind
- My own behaviour
- Past mistakes
- Looking after myself
- Who my friends are
- My goals

## What are you grateful for?



Even amidst the darkest of times, it is possible to find glimmers of light. Thinking of things we can be grateful for means that we often find even more good things. What are you thankful for in your life today? List five things you are grateful for.

1

2

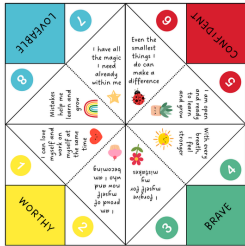
3

4

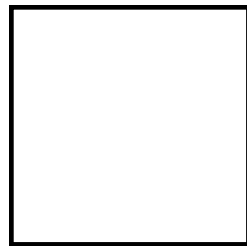
5

# Chatterbox Folding Instructions

Print out page 9 of this workbook and follow the instructions below to make your chatterbox.



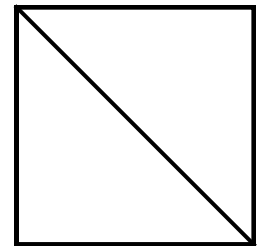
Cut out around the edge of the largest square



Flip the page over so the blank side is up



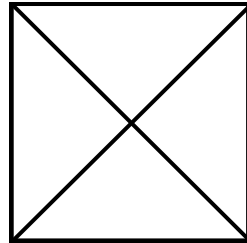
Fold in half so you can see the coloured side



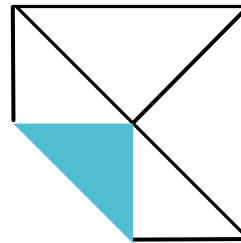
Unfold again



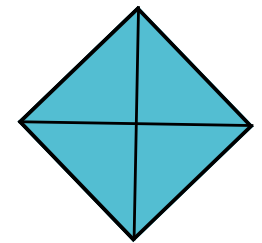
Fold the paper in half the other way (to the direction you used the first time)



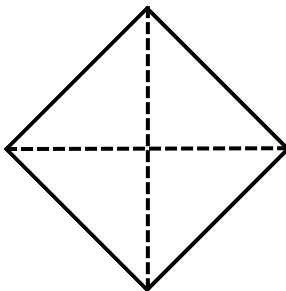
Unfold the paper so now there should be two intersecting folds across the centre



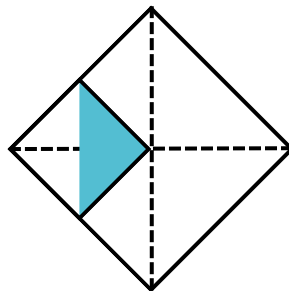
Fold each corner of the page into the centre



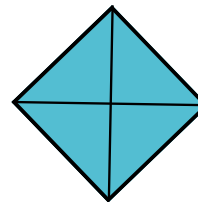
It should look like this once all the corners are folded in



Flip the folded square over so you can see the lines and writing.



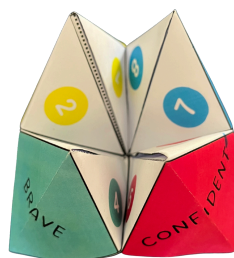
Now fold the corners in again (so all the numbers are on the front)



It should look like this once all the corners are folded in



Fold the Chatterbox in half to form a rectangle so all the numbers are on the inside and the block colours are on the outside.



Now put your thumbs and forefingers under the word flaps and play!

# Make a Chatterbox

We are never too old to play and discover pockets of joy. Print and cut out this Chatterbox paper game and play it with your friends. You might like to make your own and include words or affirmations that feel meaningful to you. Folding instructions are on page 10.

<p>LOVEABLE</p>	<p>1</p> <p>I have all the magic I need already within me</p>	<p>6</p> <p>Even the smallest things I do can make a difference</p>	<p>CONFIDENT</p>
<p>8</p> <p>I am beautiful, inside and out</p>	<p>2</p> <p>I am proud of myself now and becoming</p>	<p>9</p> <p>I am open and ready to learn and grow</p>	<p>5</p> <p>With every breath, I feel stronger</p>
<p>7</p> <p>I can love myself and work on myself at the same time</p>	<p>3</p> <p>I forgive myself for my mistakes</p>	<p>4</p> <p>I am proud of myself now and becoming</p>	<p>CONFIDENT</p>
<p>WORTHY</p>	<p>2</p> <p>I am proud of myself now and becoming</p>	<p>3</p> <p>I forgive myself for my mistakes</p>	<p>BRAVE</p>

This page is blank on purpose for when you are printing your Chatterbox.