



GRIEF WORKBOOK

MOVING BEYOND



LIFE APHASIA ACADEMY®



STAGES OF GRIEF

The Kübler-Ross model of grief (the five stages of grief) describes the five primary responses to loss. Someone who is grieving may go through these stages in order, and they may return to previous stages.

D

DENIAL

This can't be happening.

A

ANGER

Why is this happening to me?

B

BARGAINING

I will do anything to change this.

D

DEPRESSION

What's the point of going on after this loss?

A

ACCEPTANCE

It's going to be okay.

PROCESS GRIEF

01

GIVE YOURSELF PERMISSION

GIVE YOURSELF TIME TO BE SAD, ANGRY, AND CONFUSED. TAKE THE TIME THAT YOU CAN SIT DOWN AND WORK THROUGH SOME OF YOUR FEELINGS.

02

ACKNOWLEDGE YOUR FEELINGS

WORK THROUGH YOUR SADNESS, ANGER, YOUR CONFUSION. YOU'RE IN A DIFFERENT PLACE NOW.

03

SELF CARE

TAKE CARE OF YOURSELF. IT IS NOT SELFISH FOR YOU TO GET THE SLEEP YOU NEED. TO EAT HEALTHIER FOODS. MAKE SURE YOU FIND A WAY TO DECOMPRESS. ALLOW YOURSELF SOME TIME TO GRIEVE AND COPE.

04

CONNECTION

SOCIAL MEDIA IS ONE WAY THAT YOU CAN FIND SUPPORT. LOG INTO FACEBOOK AND SEARCH FOR STROKE CAREGIVER SUPPORT GROUP.

05

ENGAGE

ENGAGE IN ACTIVITIES THAT TAKE CARE OF YOUR EMOTIONAL WELL-BEING. FIND A SMALL ACTIVITY THAT YOU CAN DO CONSISTENTLY AND THEN BUILD.

SELF-CARE CHECKLIST

Allow yourself one small item. Let them grow into bigger items. Take care of yourself.



- Stretch all your muscles
- Organize one closet
- Drink another glass of water
- Eat vegetarian meals
- Drink a green juice
- Cook your favorite meal
- Listen to your favorite song
- Go for a walk in nature
- Go to bed earlier
- Take a nice bubble bath
- Go for a morning walk
- Dip your feet in warm water
- Eat your favorite dessert
- Get some sunlight
- Spend one minute in gratitude
- Go on a solo date
- Give yourself a break
- Order groceries online
- DoorDash dinner to your home
- Sit in the backyard and watch birds
- Allow your neighbor to pick up your prescriptions

SELF-CARE PLANNER

PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A BALANCED AND STRESS-FREE LIFE. FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS

01
02
03
04
05
05

S	M	T	W	T	F	S
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WHAT'S IMPORTANT?

RANK THE TOP 10 MOST IMPORTANT THINGS IN YOUR LIFE AND ESTIMATE HOW MUCH TIME YOU SPEND ON THEM WEEKLY.

	IMPORTANT THING IN YOUR LIFE	
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

REFLECTION NOTES



7 DAY

HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES



ACTION

BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING



Welcome!

LIFE Speech Pathology + LIFE Aphasia Academy specializes in giving hope and reaching client-centered, functional goals through customized whole-person treatment of chronic aphasia. The clients and families I work with have been discharged from the traditional rehabilitation process, but they need more.

By understanding the thinking and language processes of each client with chronic aphasia, treatment is tailored to the underlying deficit while focusing on the client's goals.

Many clients I work with have been discharged from outpatient therapy because they have 'reached a plateau.' We don't believe in plateaus. We have the knowledge, experience, and skills to help you reach your goals and Do LIFE!

Let me know how I can be of help.

-Genevieve

In the Business of HOPE

- Provide whole-person, goal-directed, customized therapy for clients wherever they are in life, whether it is getting back to work, getting back to the golf course, traveling, or managing the household. Your goals are our goals.
- Foster a village of support and the opportunity to connect with others. Receive the energy and positive vibes you need when you need it to support you and your loved one with aphasia
- Utilize my extensive rehabilitation experience with stroke survivors to get your questions answered
- Share resources for navigating your journey with aphasia



NEED MORE SUPPORT?

Schedule a Complimentary, No
Obligation Aphasia Therapy
Consultation HERE with
LIFE Speech Pathology
YOUR GOALS ARE OUR GOALS

Listen for LIFE Aphasia Podcast

Information, Support, Resources



LET'S BUILD THE LIFE APHASIA VILLAGE

LIKE * LISTEN * DOWNLOAD * SUBSCRIBE * SHARE



[DoLIFESpeechPathology.com](https://www.dolifespeechpathology.com)

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