

Grief Coloring Book

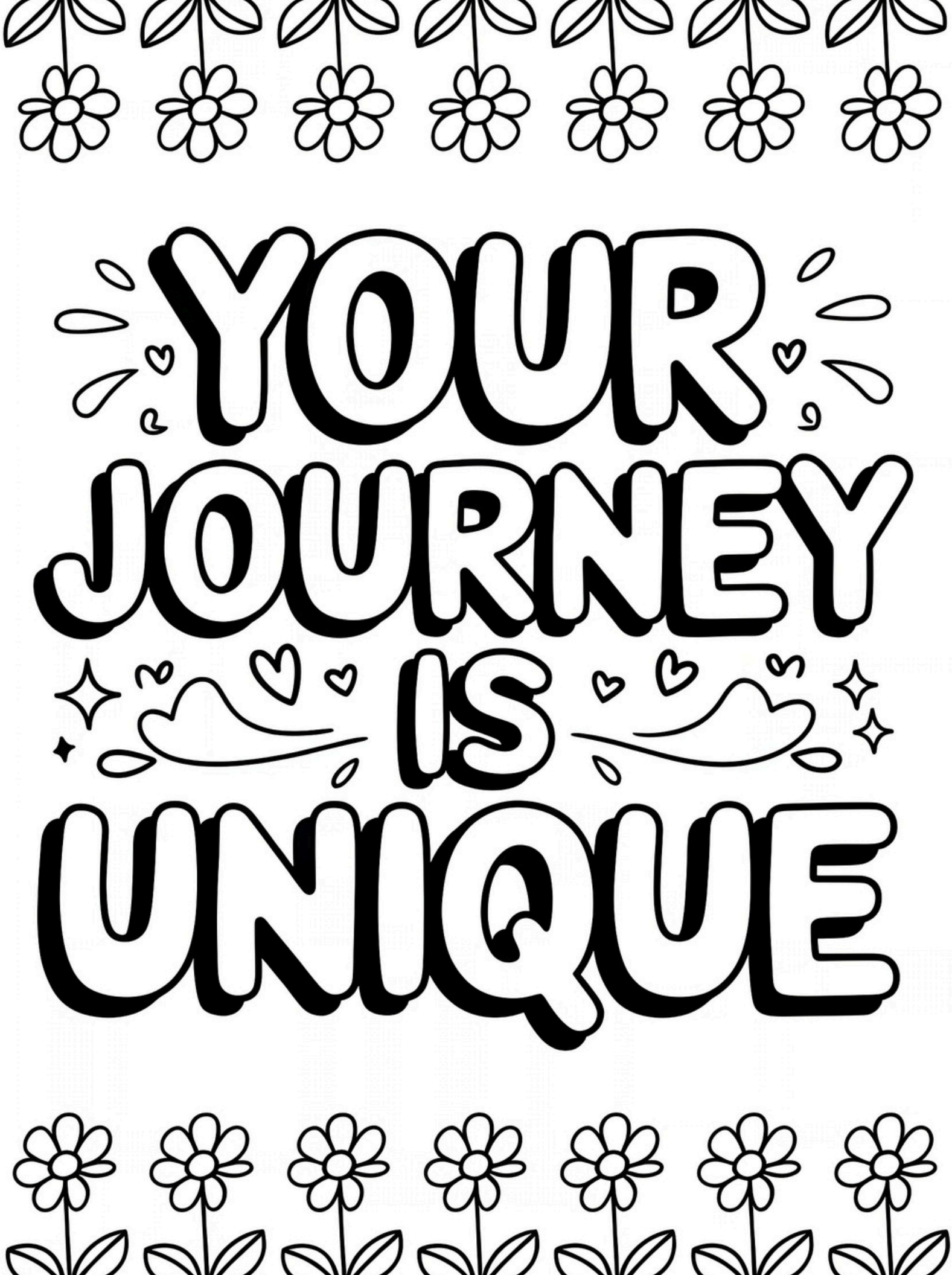






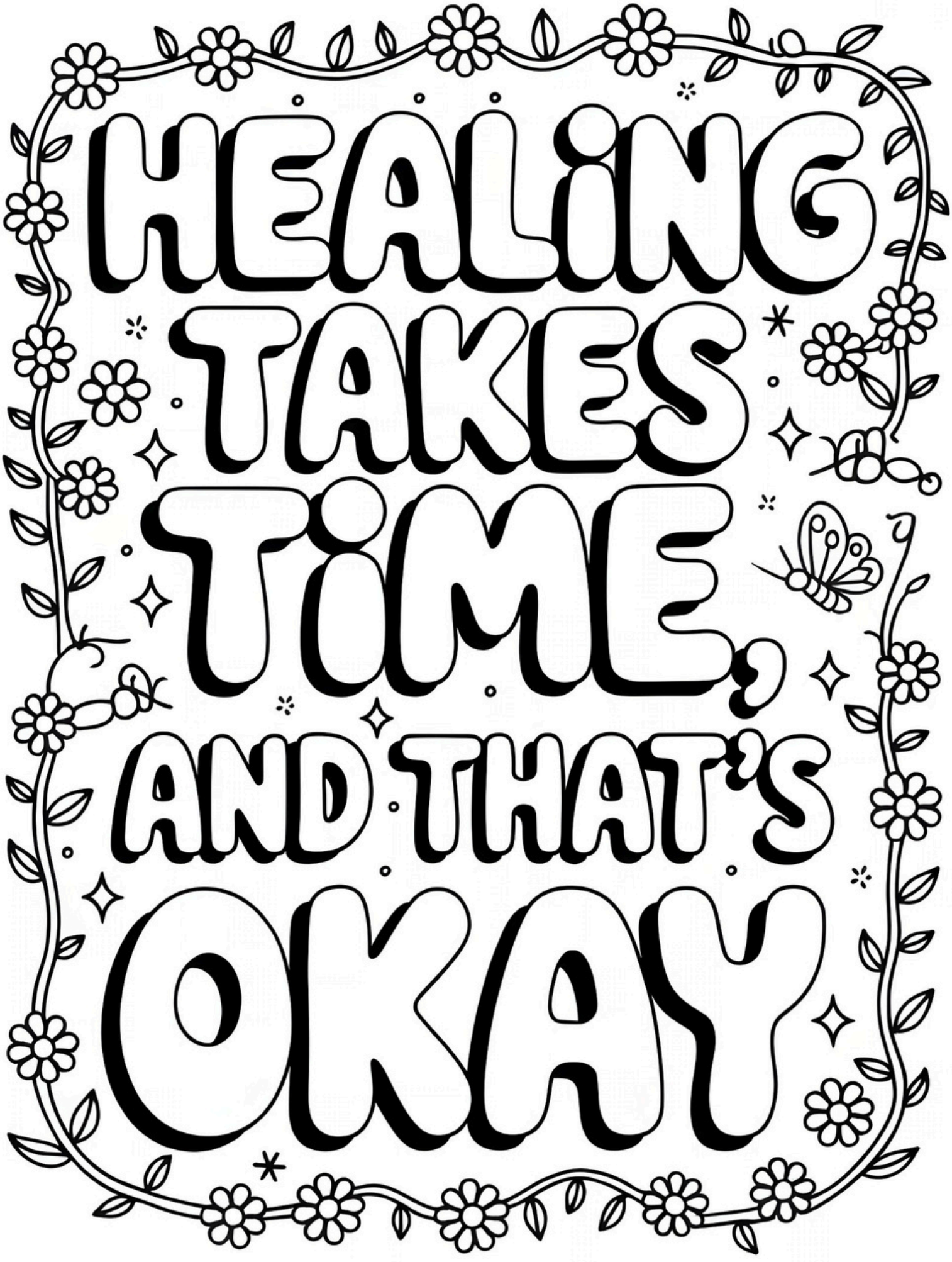


Grief Connections
You're Not Alone


YOUR
JOURNEY
IS
UNIQUE


BREATHE.
Everything
will be
OKAY


TRUST
THE
PROCESS

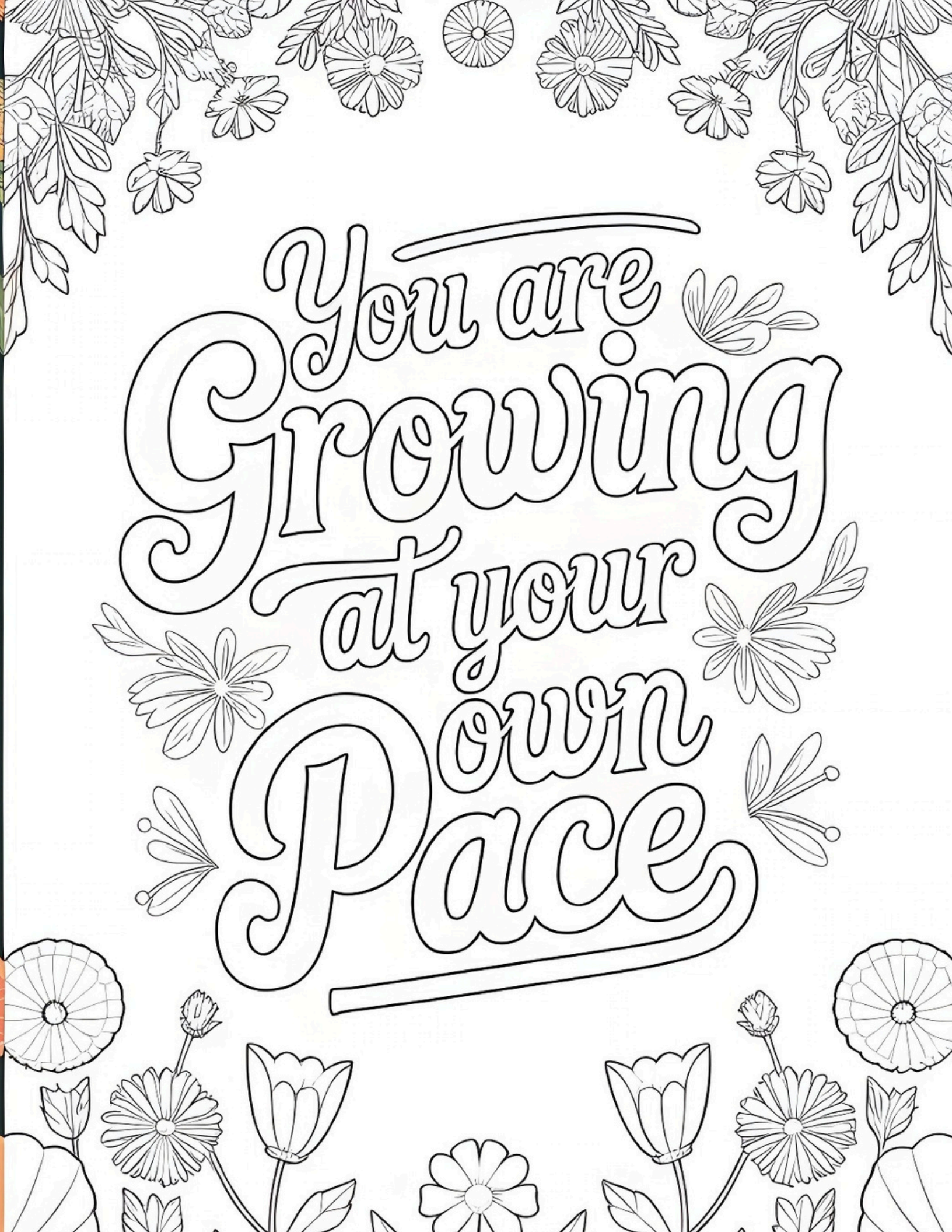

HEALING
TAKES
TIME,
AND THAT'S
OKAY

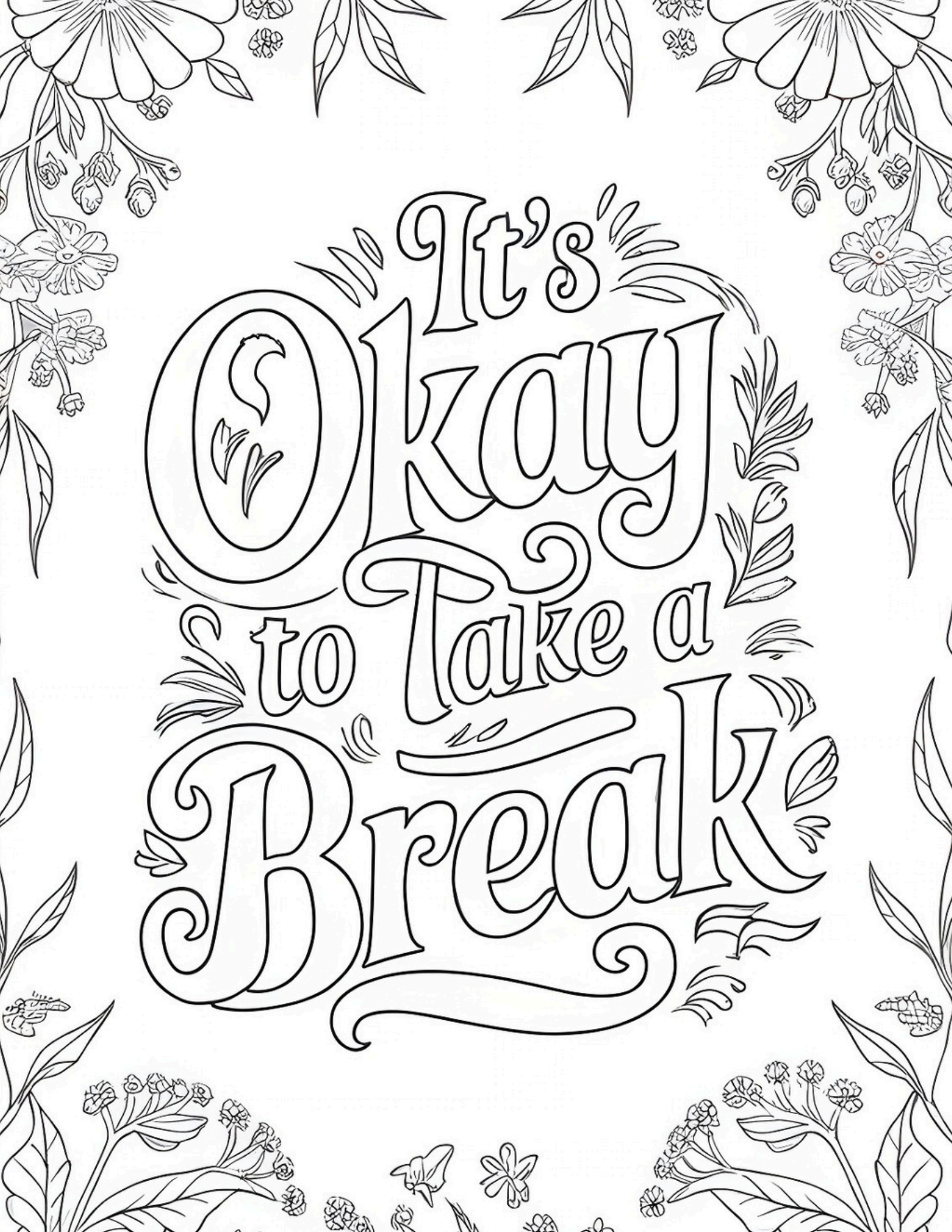

PEACE
BEGINS
WITH
YOU

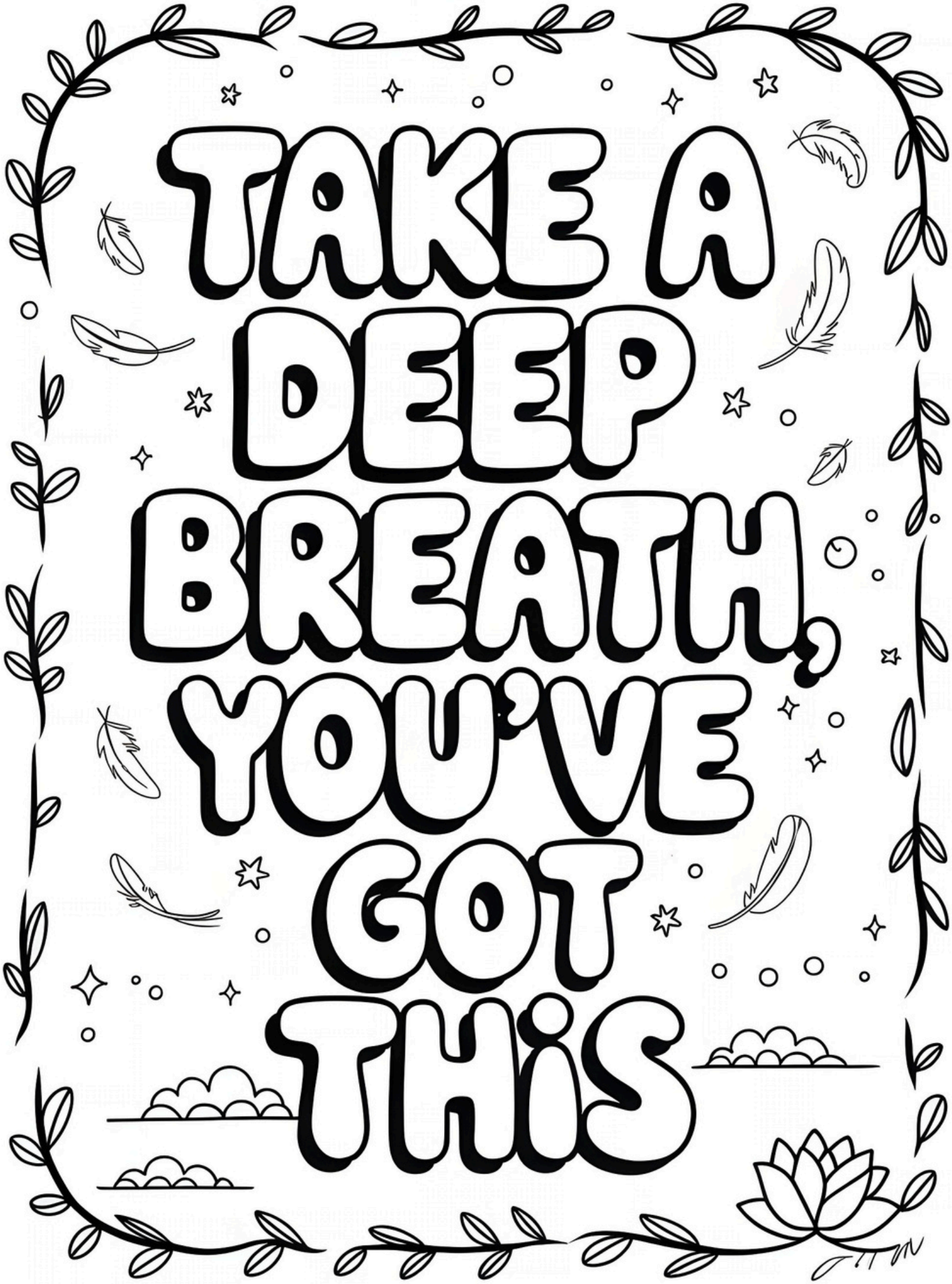

YOUR
MIND
DESERVES
KINDNESS
TOO


Healing takes Time,
AND THAT
that's
Okay.


YOU
ARE
WORTHY


You are
Growing
at your
own
Pace


It's
Okay
to Take a
Break


TAKE A
DEEP
BREATH,
YOU'VE
GOT
THIS


KEEP
GOING,
YOU'RE
DOING
GREAT

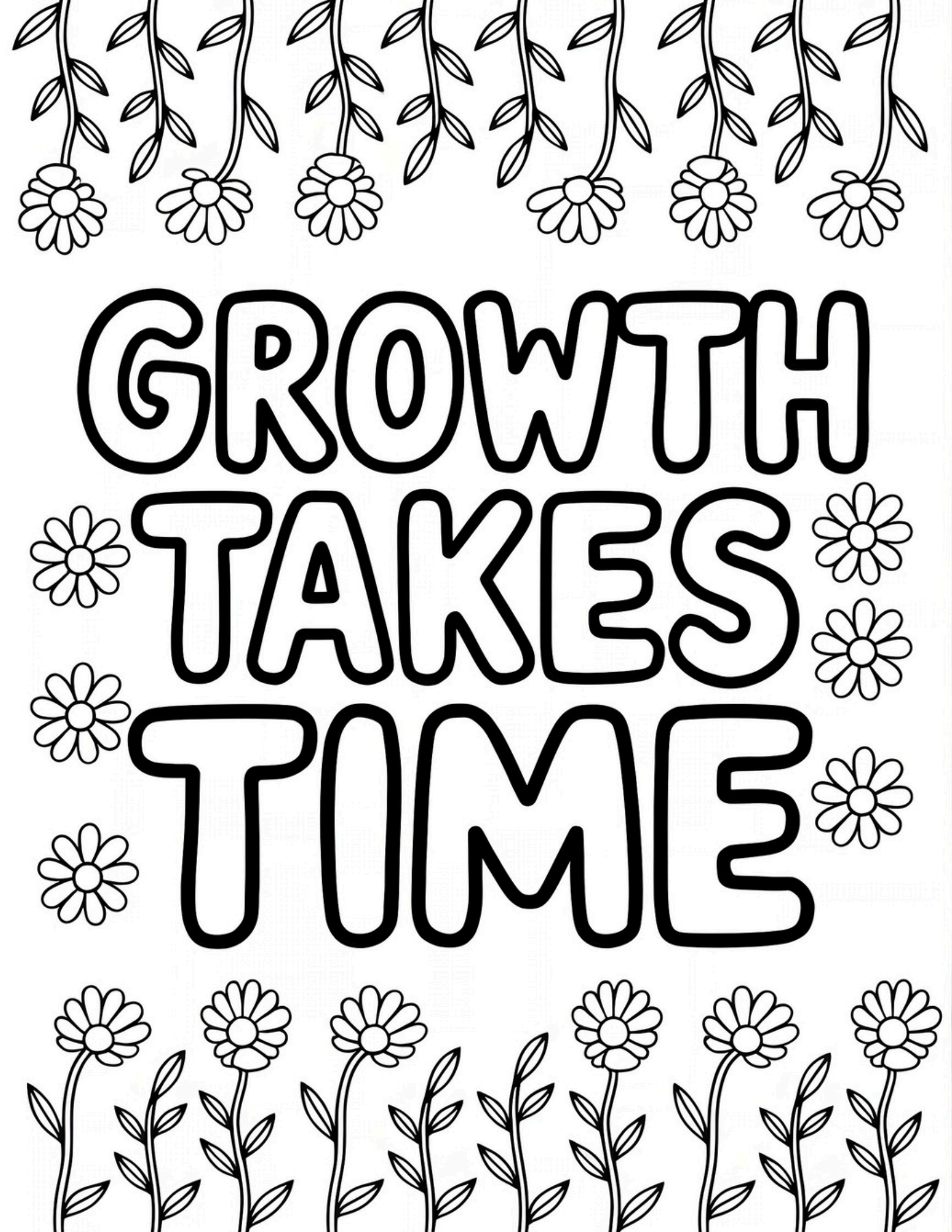

KEEP
GOING,
YOU'RE
DOING
GREAT


IT'S
OKAY
TO
REST

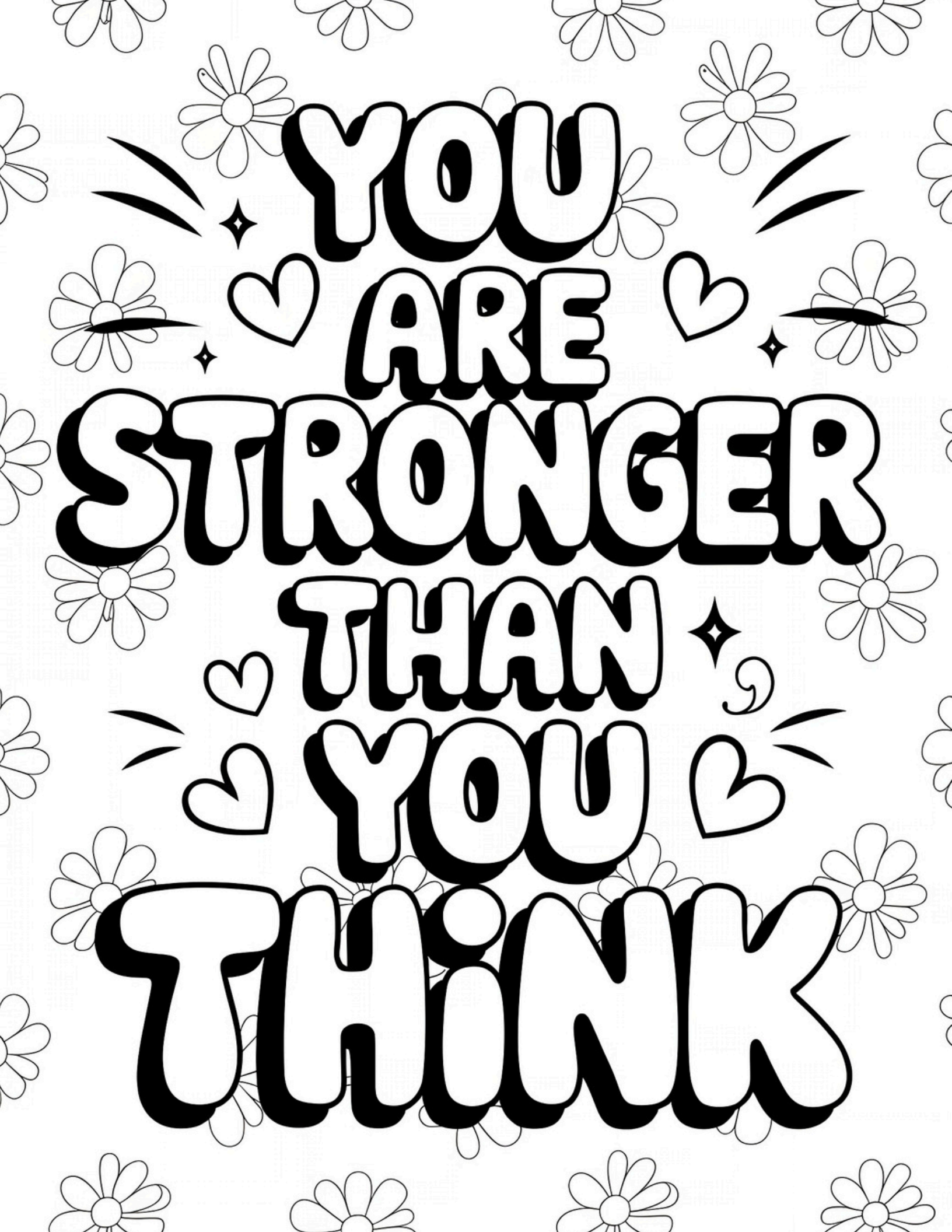

BE
GENTLE
with
YOURSELF


MAKE
YOURSELF
A
PRIORITY


Breathe in
CALM!
Breathe out,
Stress


GROWTH
TAKES
TIME


MAKE
YOURSELF
A
PRIORITY

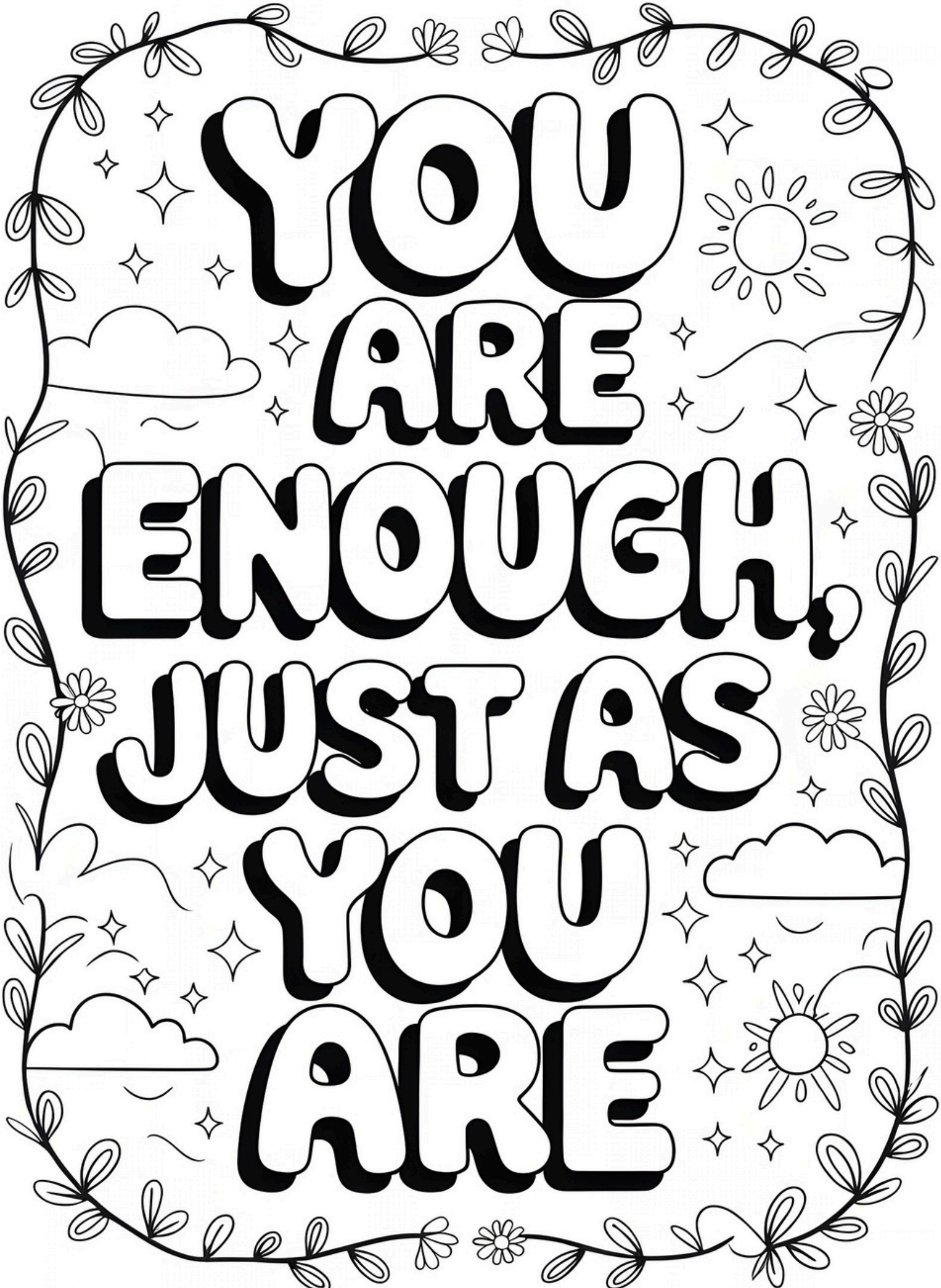

YOU
ARE
STRONGER
THAN
YOU
THINK


YOU
ARE
GROWING
EVERY
DAY


REST
WHEN
YOU
NEED TO


Happiness
IS FOUND IN
Small
Moments

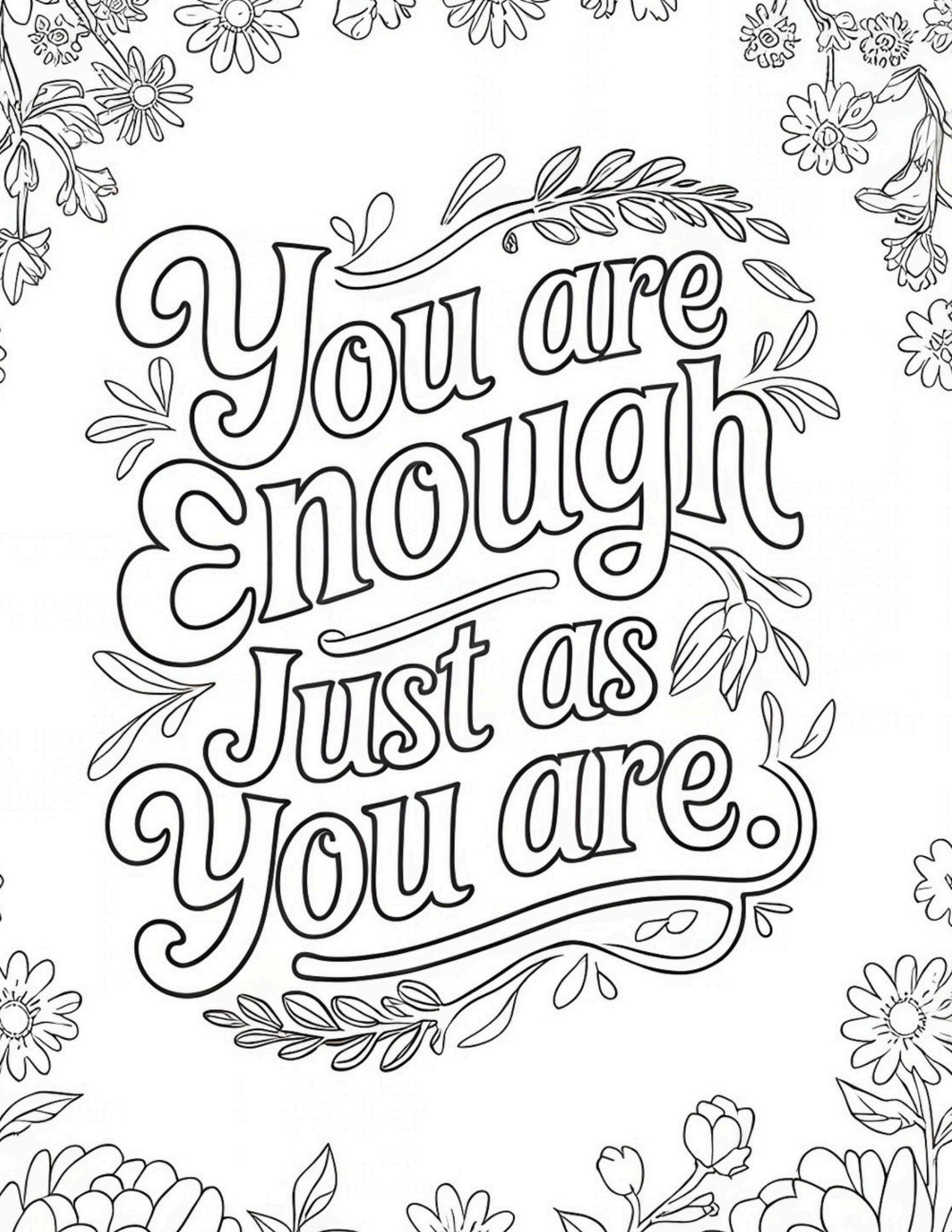

YOU ARE
LOVED
MORE
THAN YOU
KNOW

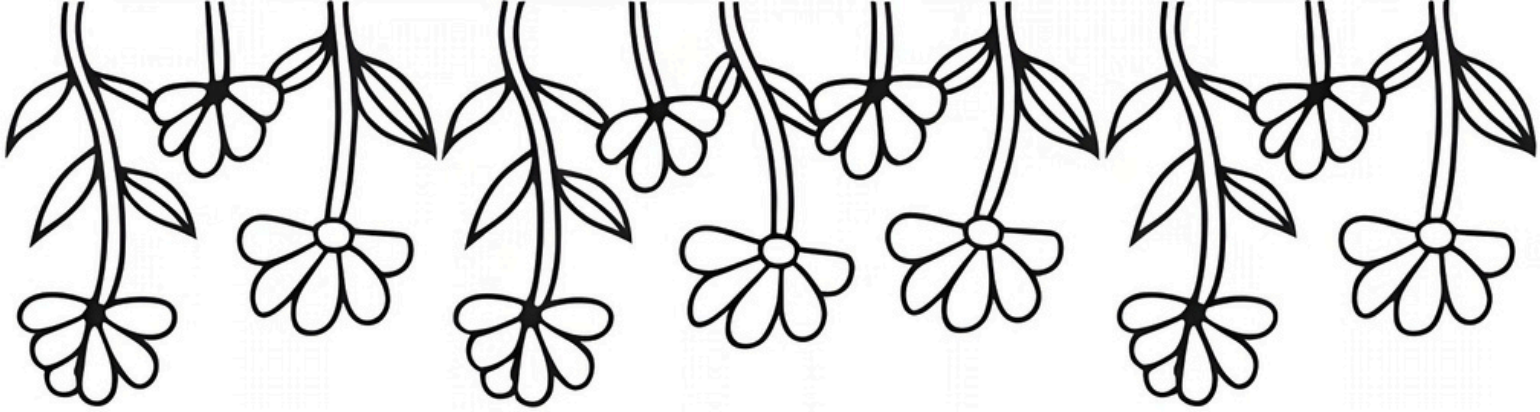

YOU
ARE
ENOUGH,
JUST AS
YOU
ARE


Progress,
not
Perfection

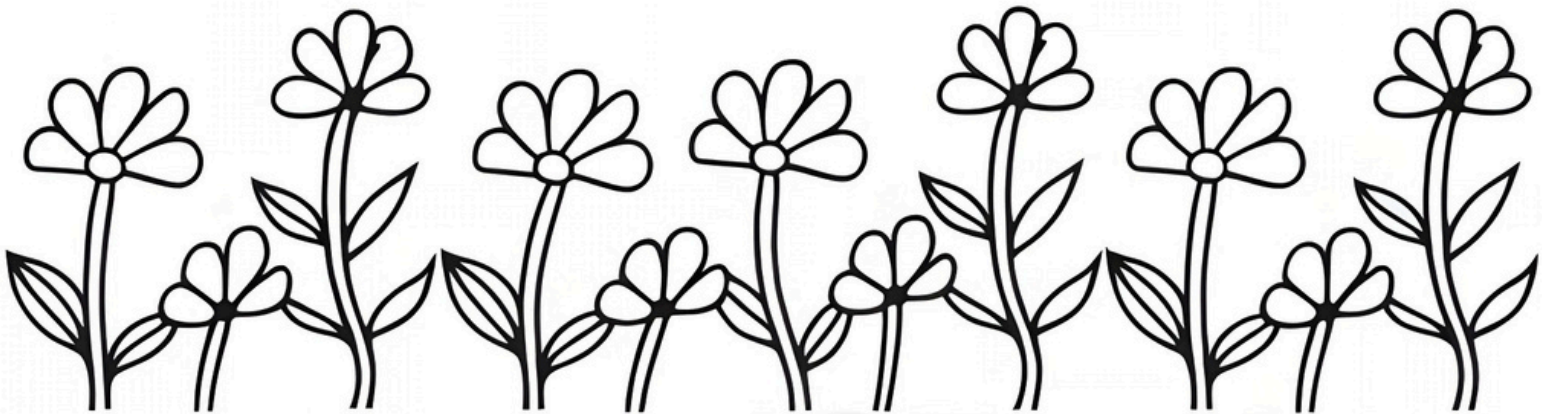

HEALING
TAKES
TIME


TAKE IT
ONE
DAY
AT A
TIME

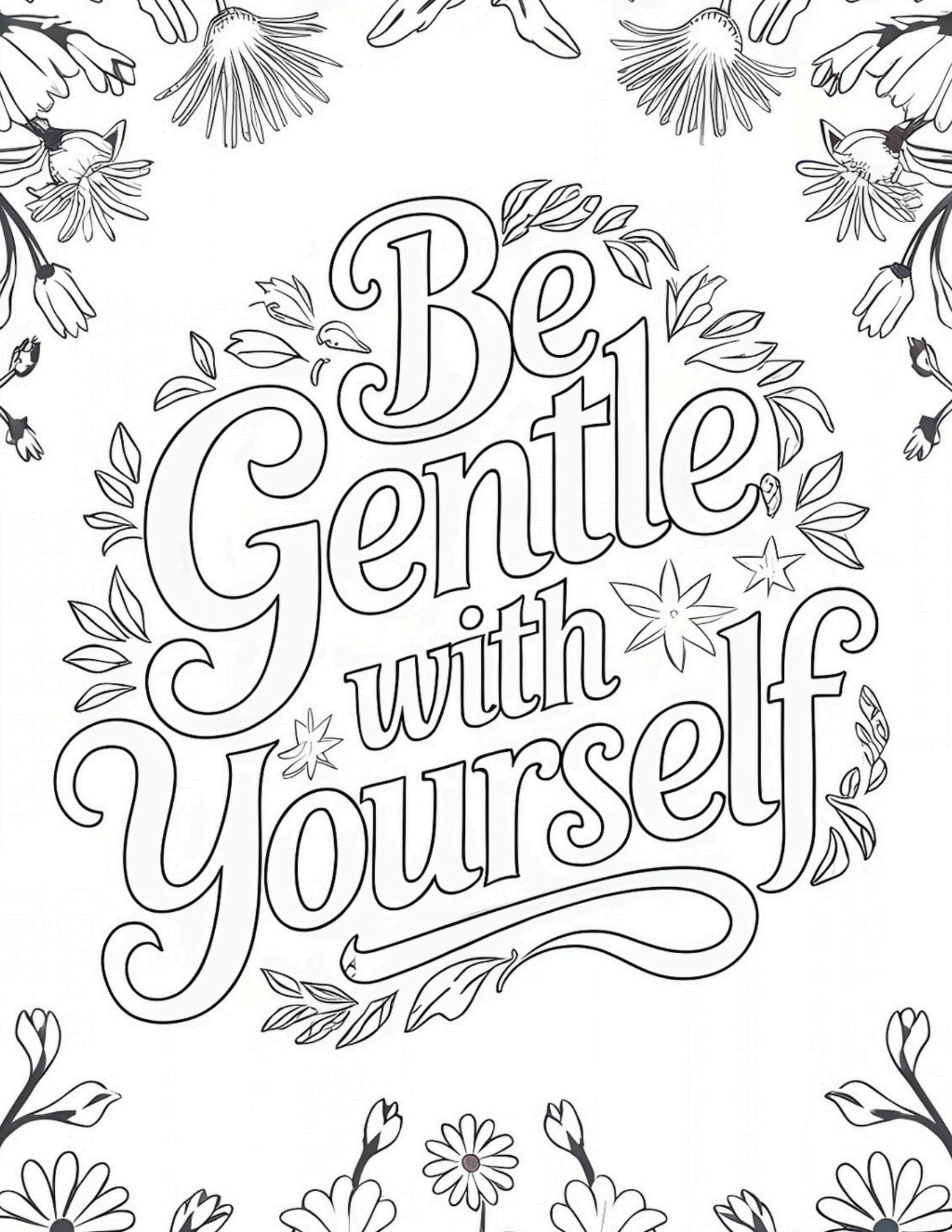

You are enough
Just as
You are.

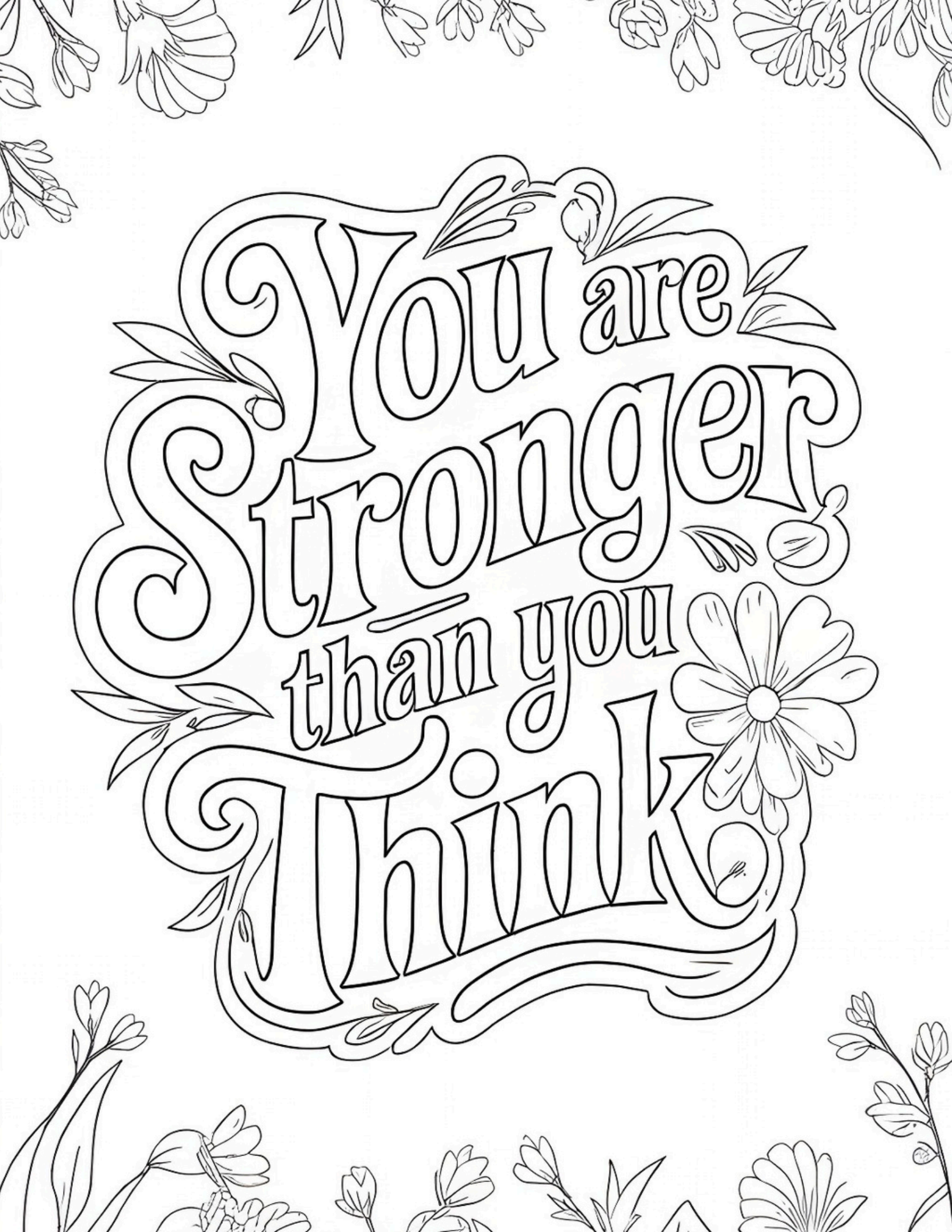


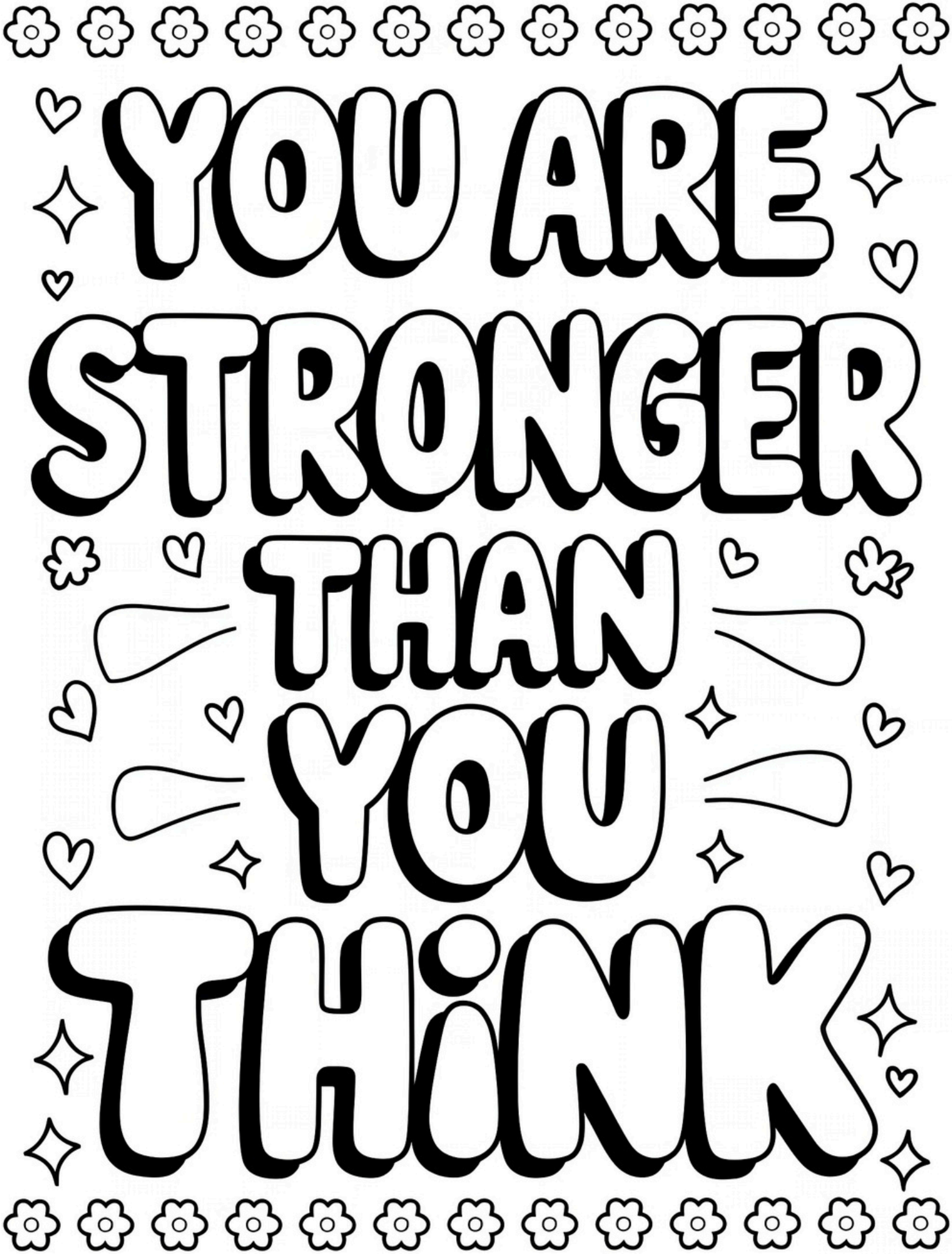
YOU DESERVE HAPPINESS




You Deserve to Rest.

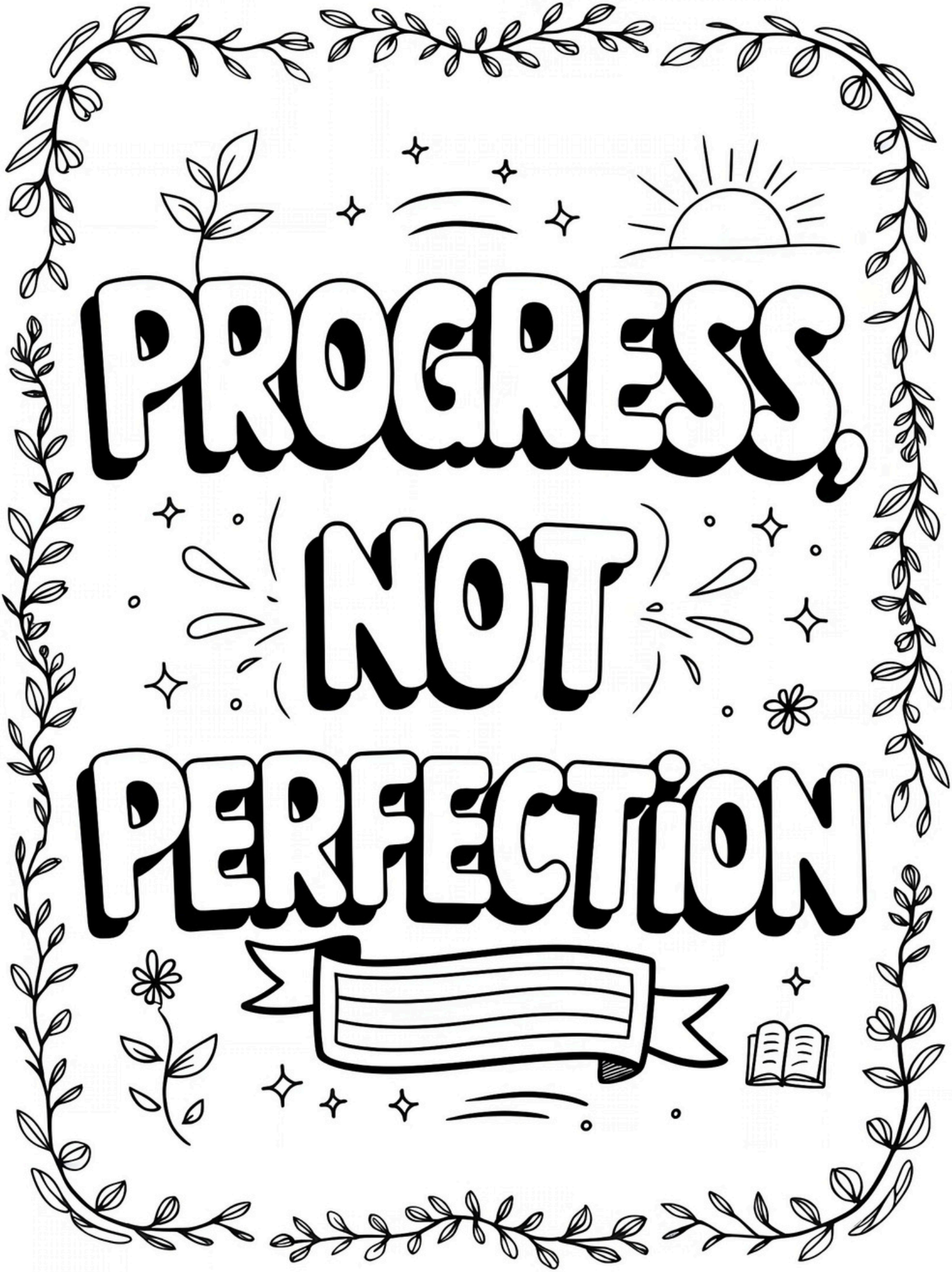

Be Gentle with Yourself


You are
Stronger
than you
Think

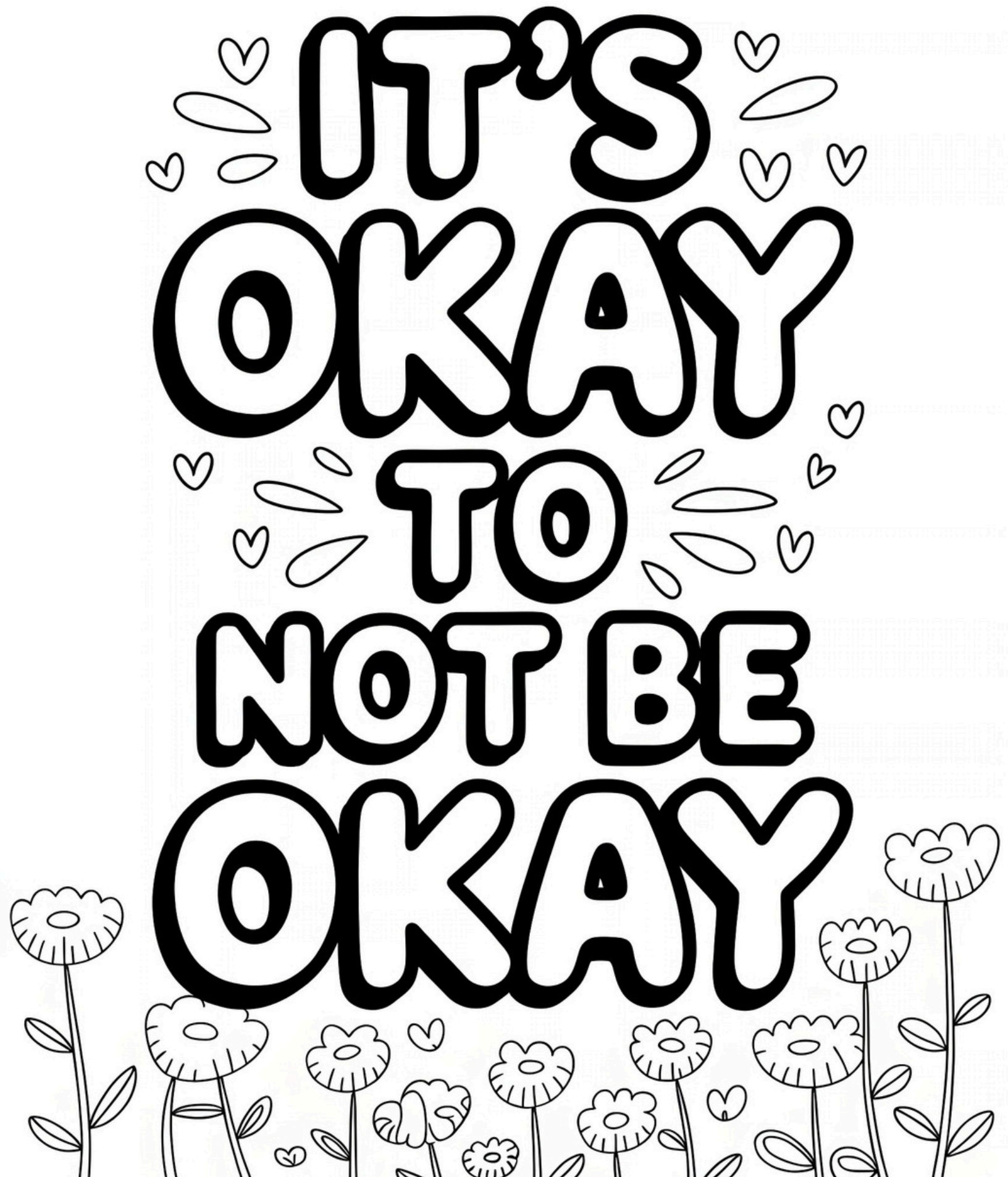

YOU ARE
STRONGER
THAN
YOU
THINK

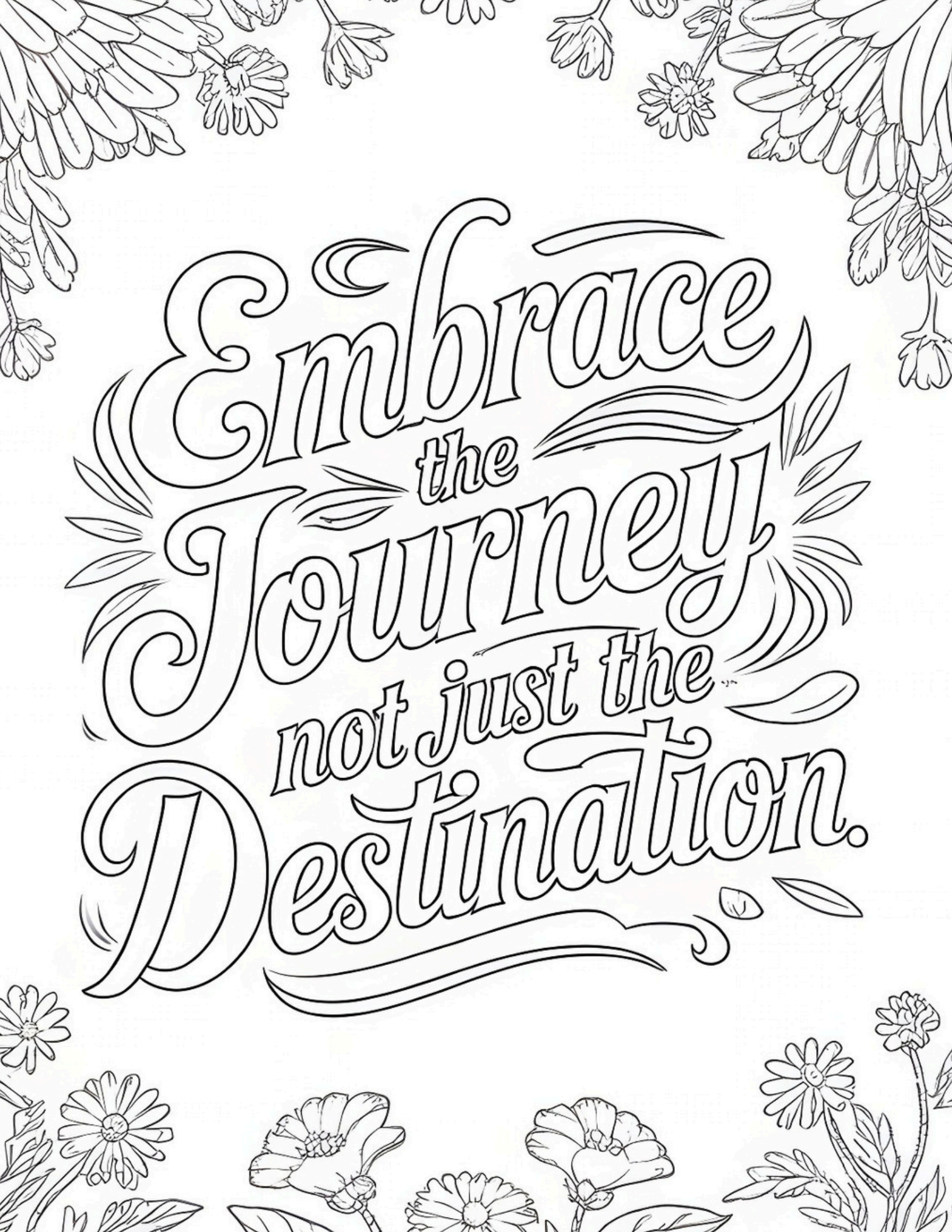

SELF-
CARE
IS NOT
SELFISH


HAPPINESS
IS FOUND IN
SMALL
MOMENTS


PROGRESS,
NOT
PERFECTION


YOU
DESERVE
PEACE


IT'S
OKAY
TO
NOT BE
OKAY

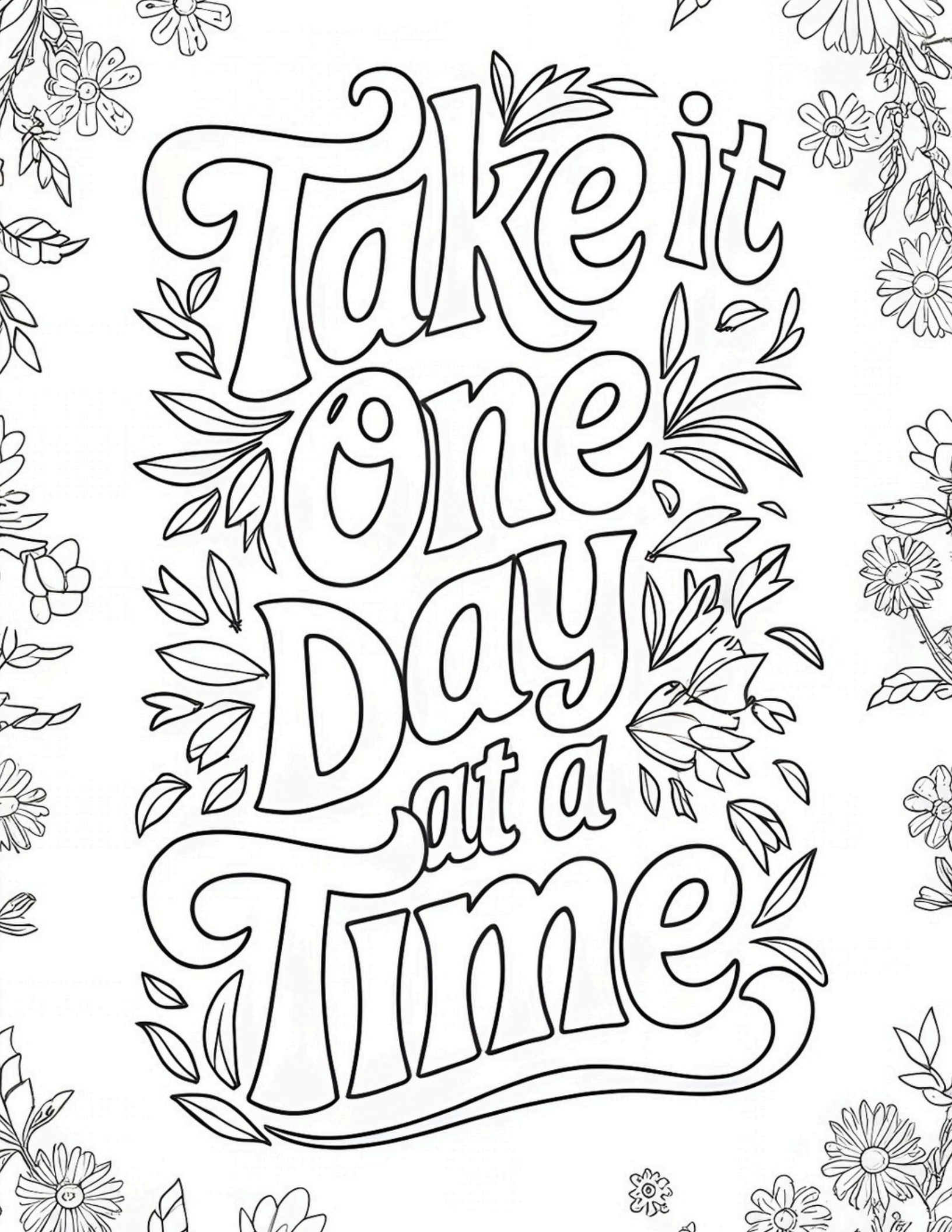

Embrace
the
Journey
not just the
Destination.


REST
is
PRODUCTIVE
TOO


GROW
AT
YOUR
OWN
PACE


Your
Feelings
Matter


GIVE
YOURSELF
THE SAME
LOVE
YOU GIVE
OTHERS


Take it
One
Day
at a
Time


You deserve peace