

# Samaritan

LIFE-ENHANCING CARE

## Healing and Restoration

A Handout to Ease the Burden of Grief

### WHAT ARE YOUR TRIM TABS?

A boat's trim tab represents small life actions can mean big life changes. You cannot turn a boat without the mighty power of a tiny item at the edge of the rudder called a trim tab.

Just like the trim tab helps the rudder to turn a boat, **one single action can turn your ship around, too!**

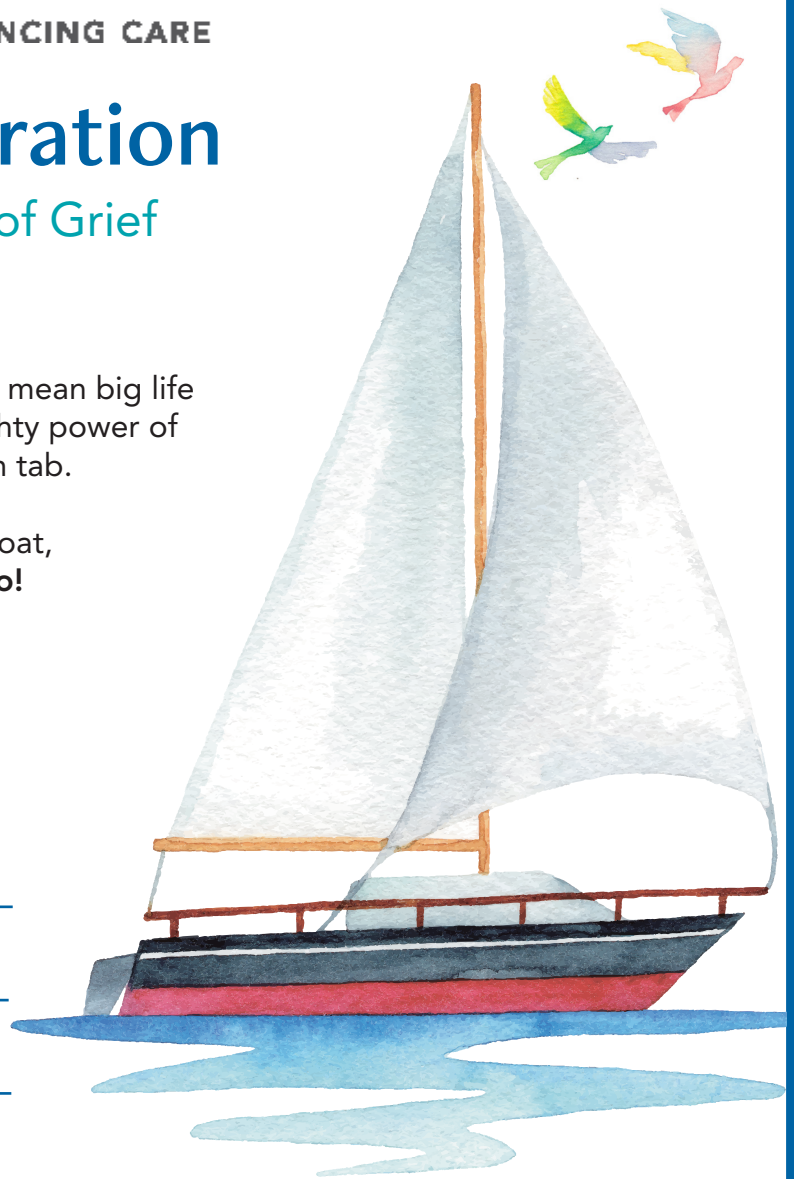
#### *Mind. Body. Spirit.*

- What action connects you to your body?
- What action calms and settles your mind?
- What actions helps you connect with yourself and others?

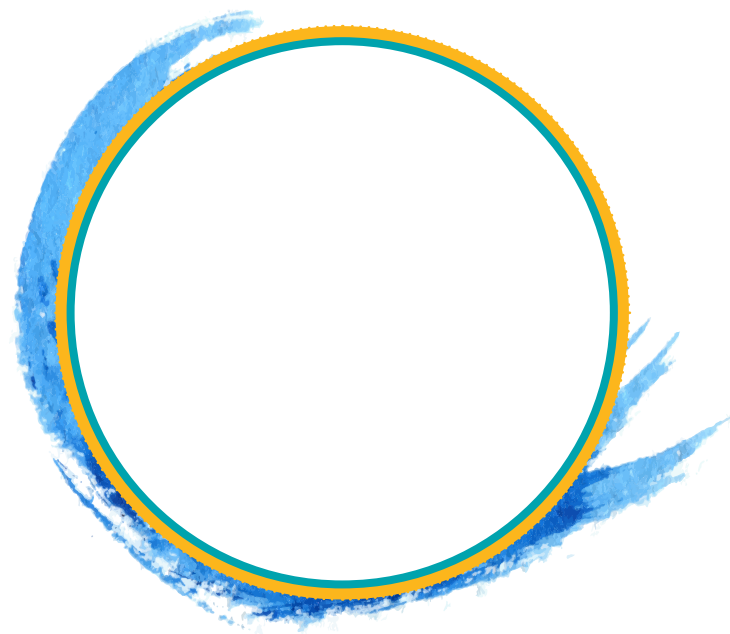
---

---

---



### HEALTHY GRIEVING | Circle of Concern



.....

*Shift your focus.* Think about what you can control and influence. You may find meaningful and lasting differences in your mental wellbeing.

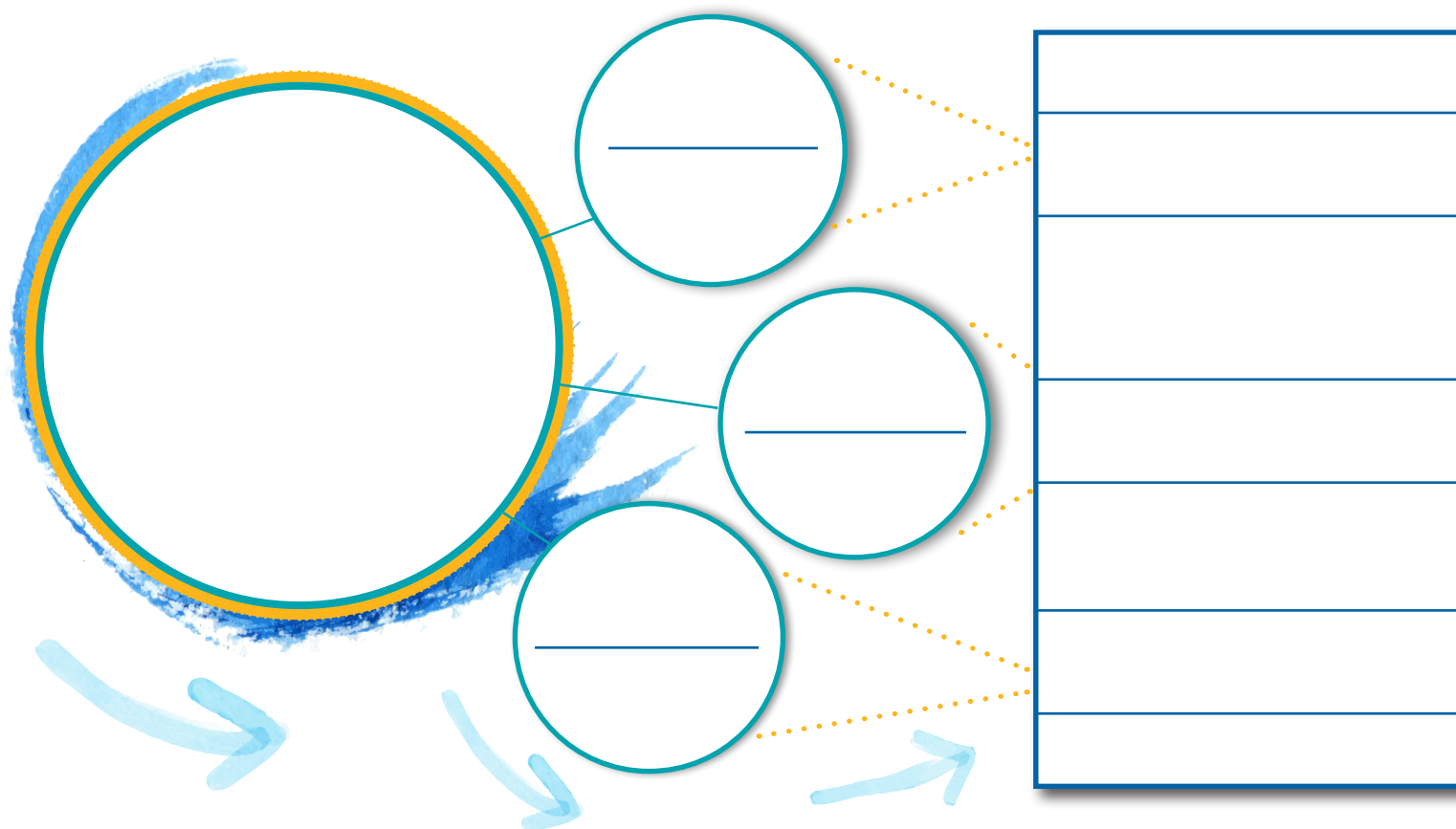
Write down what you have control or influence over in the inner circle and write what you cannot control outside of the circle.

This may not stop your worries, but it may change how you respond to them.

.....

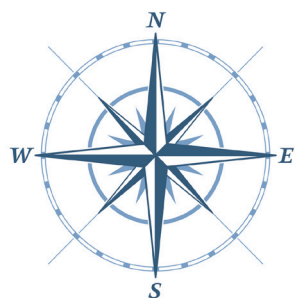
## HEALTHY GRIEVING | Grief Map

First, write one challenge in the large circle. Then write one trigger in each of the three small circles. Finally, write two coping strategies for each trigger.



## A COMPASS FOR YOUR JOURNEY

*Grow. Learn. Re-invent.*



Go on a journey with a sense of intention, driven by values, purpose, and passion. Challenge your assumptive self.

Where will you go?

*What will you explore next?*

- |  |  |
|--|--|
| <input type="checkbox"/> Three Good Things | <input type="checkbox"/> Meditation    |
| <input type="checkbox"/> Color Mandalas    | <input type="checkbox"/> Mindfulness   |
| <input type="checkbox"/> Breath work       | <input type="checkbox"/> Journaling    |
| <input type="checkbox"/> Yoga              | <input type="checkbox"/> Creative Arts |

## YOUR ACTIONS



Cook  
Connect  
Create  
Cry  
Dance  
Laugh  
Music  
Plan

Read  
Run  
Sleep  
Sing  
Unplug  
Watch  
Walk  
Write