



About Grief Journaling

This sheet will tell you about grief journaling. It will also give you tips and ideas on how you can get started.

What is grief journaling?

Grief journaling is one way you can cope with grief by writing about your loss. You only need something to write or record with, such as:

- Pen and paper
- Computer
- Tablet
- Video or audio recorder

How does this help me?

Journaling can help your mind and body heal. It is a healthy way to help you face your concerns instead of hiding them.

How do I get started?

There is no right way to start grief journaling. The idea is to express yourself freely. Write down your thoughts and how you feel about your loss.

You can create a space for journaling in your:

- Bedroom
- Kitchen
- Home office
- Outdoor space

What should I write about?

You can write about whatever you want. Below is a list of ideas to help you get started. You can write:

- **A poem:** Poems are a type of creative writing. Poems can be short or long and can rhyme, but they do not have to. You can write a poem to tell your story or express an idea.
- **About a dream:** You can write about the dreams:
 - You have while you sleep
 - You had for your baby
 - As you look to the future
- **About something you are thankful for:** When you focus on what you are thankful for it can take your mind off your grief.
- **About a memory:** You might write about your pregnancy or the time you spent with your baby, even if it was after death. You can write down songs, lyrics, or books that remind you of your baby. You might also look at photos of your baby and write down the way it makes you feel.



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- **A letter:** Write a letter to your baby, a family member, or friend. You do not have to send it.
- **Time capsule:** Write some of the details of everyday life from during your pregnancy. Later, you can look back at what you wrote to see how the world has changed. You can write about:
 - News headlines or current events
 - Songs on the radio
 - Popular books, movies, or television shows
- **A list:** Try a few different themes. For example, you can focus on the everyday things around you that remind you of your baby, and why.

Use these writing prompts to help you get started. You can use these lines and then write more in your journal:

- My favorite thing about being pregnant was

- The day my baby was born,

- I feel _____, and I think I need to

- I miss my baby most when

- On the day my baby died,

- Something that reminds me of my baby is

Use this handout only if your health care team gave it to you. This content does not replace professional medical care or advice. Always ask your doctor or another health care provider any questions you have about your health. To talk with a UAMS health care provider, you can:

- Use your UAMS MyChart to send a message to your health care team
- Get a virtual visit from UAMS HealthNow at uamshealth.com/healthnow
- Call 501-686-7000 to schedule an appointment

If you have a medical emergency, call 911 right away.

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