

SPIRITUAL JOURNALING

MY HEALTH

As our anatomical and physiological systems work in tandem with our emotional well-being, when one part of our body is stressed, other parts become compromised. Has your grief affected your physical health?

PRIOR TO MY LOVED ONE'S DEATH, I CONSIDERED MY HEALTH TO BE: _____

PRIOR TO MY LOVED ONE'S DEATH, I HAD THESE HEALTH ISSUES: _____

AFTER MY LOVED ONE'S DEATH, I DEVELOPED THESE HEALTH ISSUES: _____

SINCE MY LOVED ONE'S DEATH, THESE ARE THE STEPS I'VE TAKEN TO IMPROVE MY HEALTH: _____
