

AFFIRMATIONS

You can use positive affirmations to motivate yourself, encourage positive change, and boost your self esteem. Try writing these affirmations down, or reading them to yourself.



I will get through this



I can heal



I am loved



It's OK to cry



I will welcome brighter days



It's ok to laugh even though I am grieving



I can accept help that is offered to me



I am allowed to miss them



There is no time limit to grieve



I have permission to feel my feelings



Death will not break the bond of love

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የወጣታችሁ ስራ ለማድረግ ደህናመጣችሁ ሲሆን
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የሰራተኛችሁ ስራ



የሰራተኛችሁ ስራ



የሰራተኛችሁ ስራ



የሰራተኛችሁ ስራ



የሰራተኛችሁ ስራ ለማድረግ ደህናመጣችሁ ሲሆን



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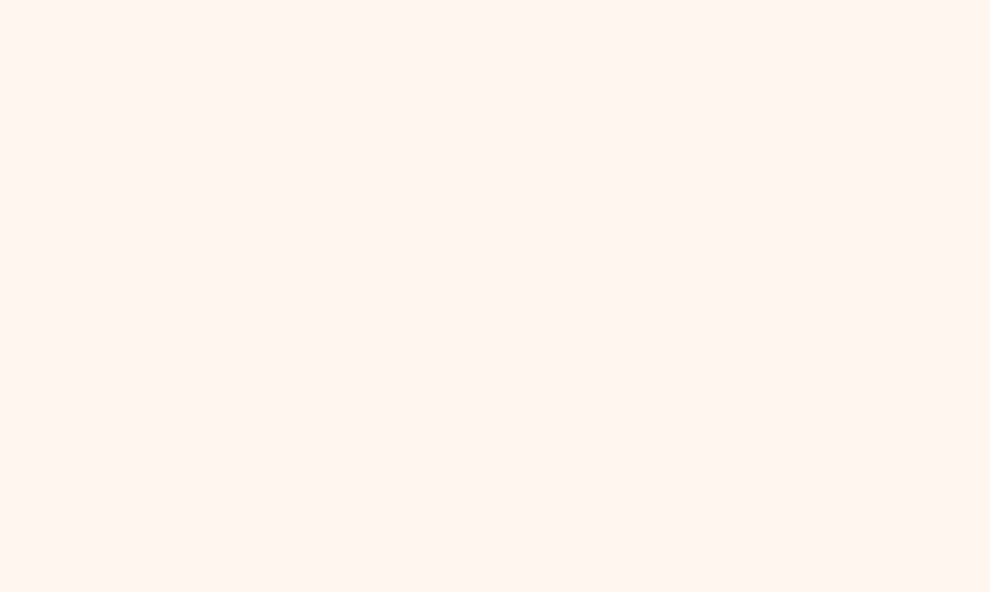


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BEING INNOVATIVE AND RESOURCEFUL

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Reflect on a time when you or someone you admire relied on being innovative and resourceful to find a solution. What are you most proud of or amazed by from that situation?

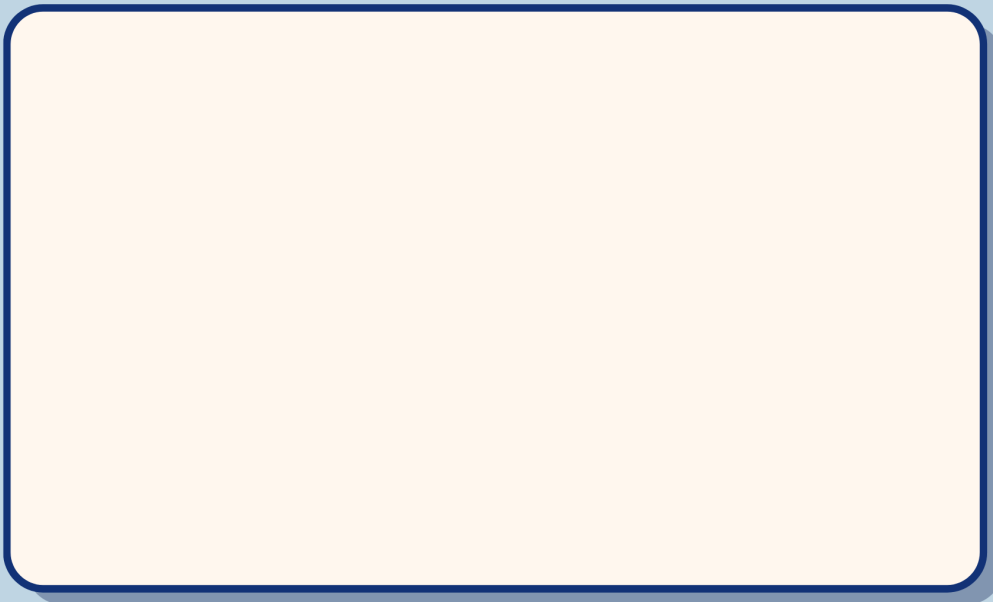


nnss Δ bLbcs

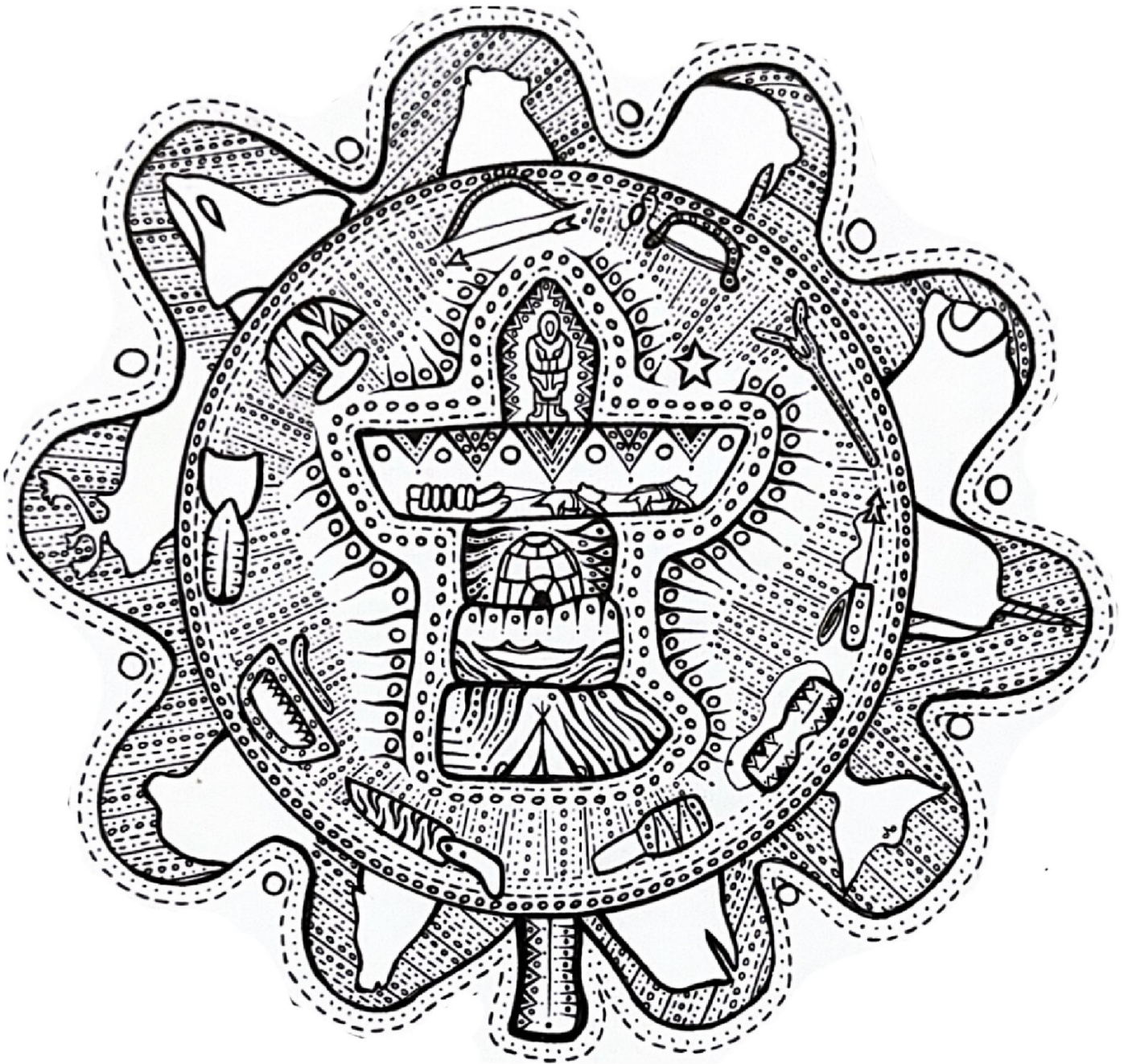
$\sigma^C \rightarrow \tau^C C^\dagger \sigma^{Cb} \rightarrow L_L \nu_b \bar{\nu}_b C^\dagger \sigma^{Cb}$

[illegible][illegible][illegible]

▷ ဇေဇာ့ အင်္ဂလိပ်ဘာသာစကားစာအုပ်ကို နှစ်ပေါင်း ၁၀၀ ကျော်အထိ အသုံးပြုခဲ့ကြောင်း ဖော်ပြပါရှိပါသည်။



COLOUR

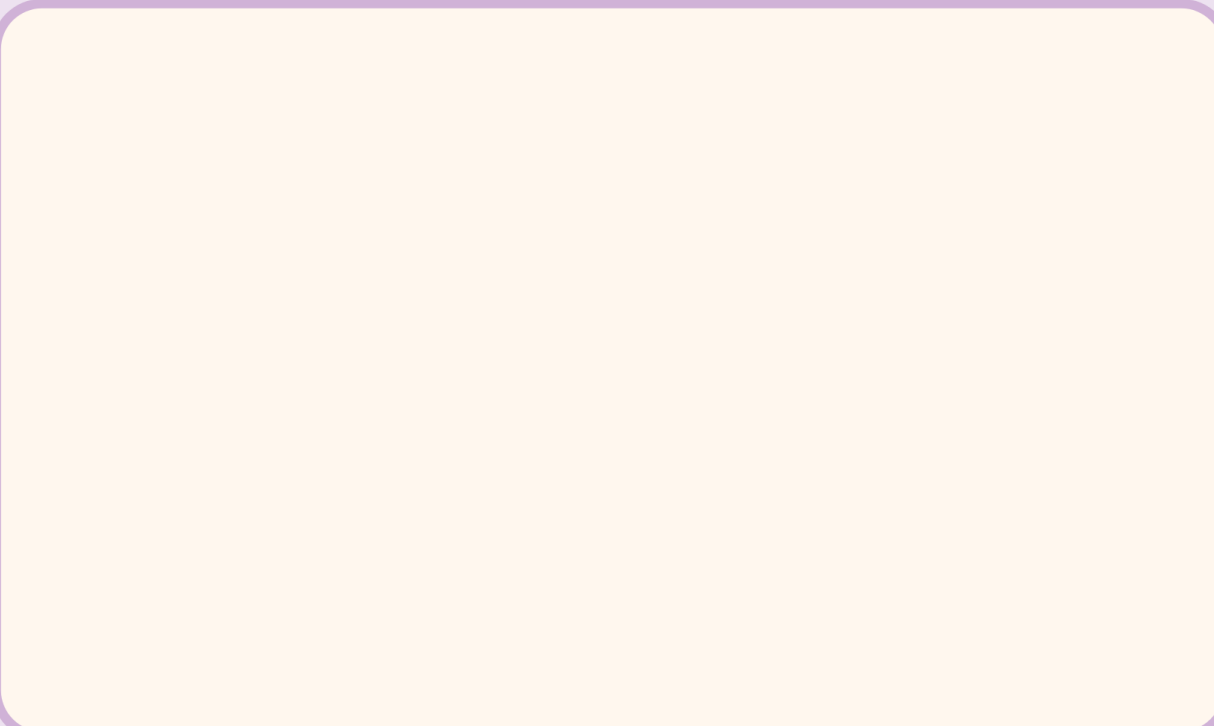




**FOSTERING GOOD SPIRIT BY BEING
OPEN, WELCOMING AND INCLUSIVE**

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What does fostering good spirits and being welcoming to the different people in your community mean to you? What does it look or sound like? Are there ways you might have been welcomed in a good and memorable way? What stood out to you?



nn^cσ^b Δ^bб▷L_q^b▷σ^c

[illegible]

၁၈၆၆

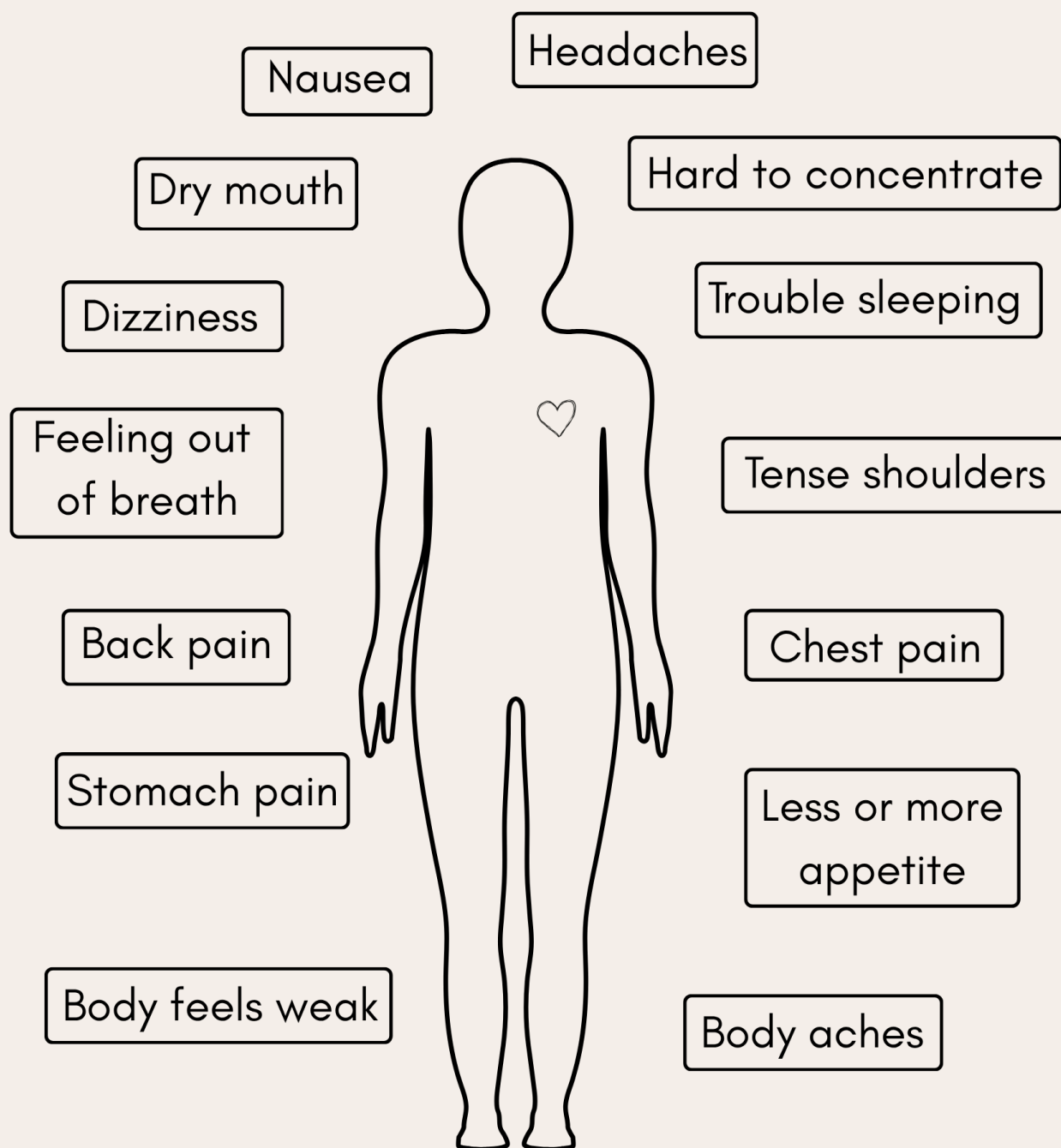
[illegible]

“ፍጹም ሐዋርያት ለወረራ ልሳኑት ልሳኑ ጋሜሪካኖቻቸው
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 ይገኛል። ጋሪካኖች? ፍጹም ልሳኑ ጋሜሪካኖች ለሌላ
 ልሳኑ ጋሜሪካኖች ሆኖታል? ሆኖታል።”



GRIEF AND MY BODY

Losing someone can be very hard on your mental health, but it can also have many negative effects on your physical health. Here are some examples - have you been experiencing any of these?



[illegible]

၂၀၁၆ ခုနှစ်

◀▶^c ၂^d ၂^e ၉^f ၁^g ၁^h

၂၀၂၁ ခု ဇူလိုင်လ ၁၀ ရက်နေ့

[illegible]
$$L^{\infty} \Delta^b J^C \triangleleft^{\infty} \sigma \triangleleft^{\infty} \mathcal{B}^C C^{\infty} \sigma^{\infty}$$

၎င်းတို့သည် နေပြည်တော်၊
 ရန်ကုန်၊
 မန္တလေးတို့တွင် နေထိုင်ကြသည်။

በፊር ብረት ማስቀመጫ

JOY JAR

Now, write or draw all of the things that bring you happiness into this jar. This might be your favourite food, your happy place, a family member, a sport, being out on the land, cooking, hunting, sleeping, sewing - anything!



[illegible]

LETTER TO MY FUTURE SELF

Are you ready to write a letter to your future self? Cut these pages out and put them somewhere safe, where you can read it when you are older. Set a reminder on your phone for the date when you want to open it, as well as where you hid the letter! It can be 6 months from now, 1 year, 5 years - even 10 years!

Here are some prompts to help you get started:

- This is what I did today...**
- This is my favourite music/movie/show right now...**
- I've been thinking about this alot lately...**
- I hope that this will happen soon...**
- What is it like in the future?**
- This is something funny that happened today...**
- This is something that scares me right now...**
- This is something that I'm stressed about these days...**
- This is what's been going on here lately...**

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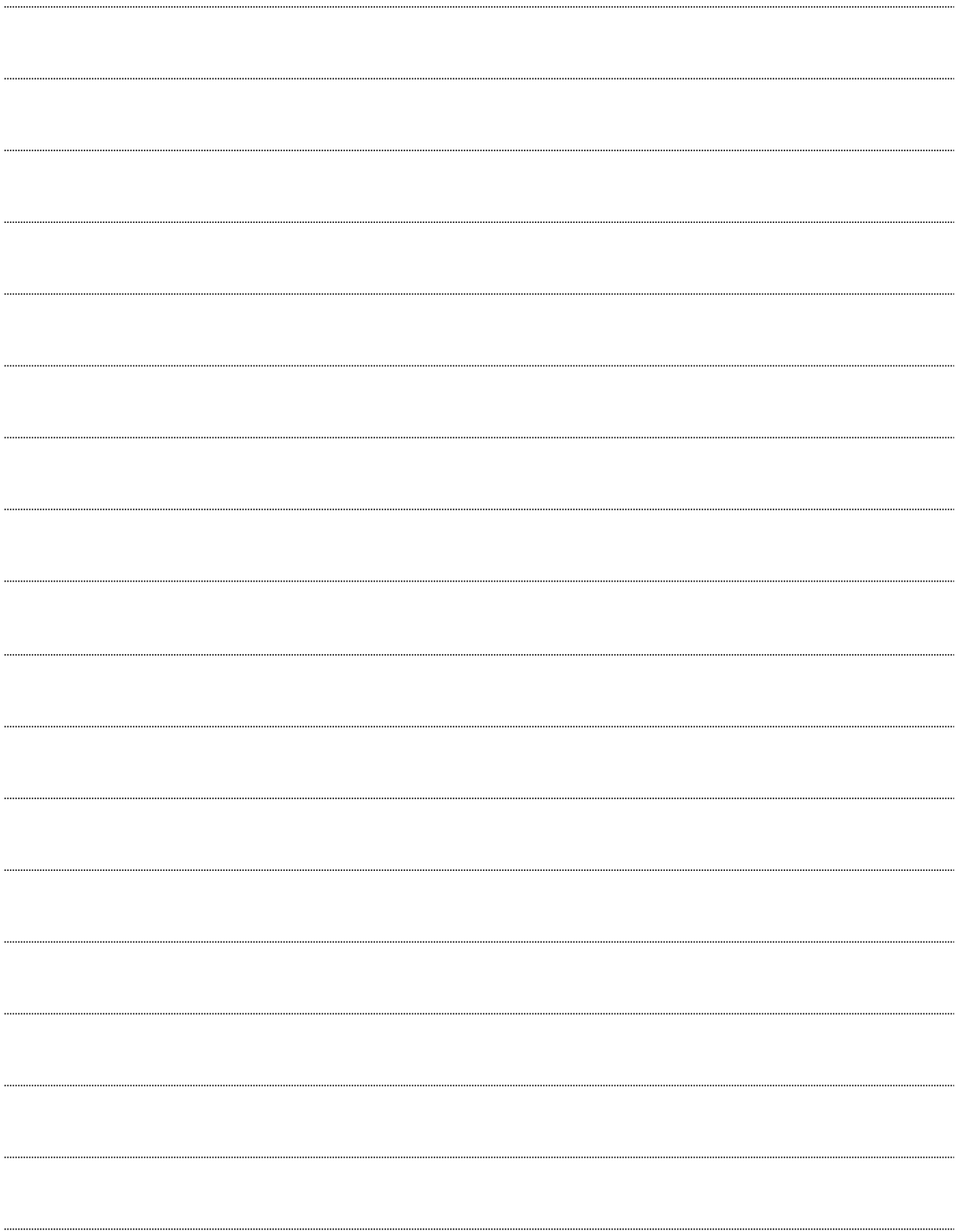
[illegible][illegible]

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- [illegible]

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LETTER TO MY LOVED ONE

Are you ready to write a letter to your loved one? You can write anything to them - you can ask questions, let them know how you have been doing.. Anything that you feel is right.

Here are some prompts to help you get started:

- This is what I did today...
- This is my favourite music/movie/show right now...
- I've been thinking about this alot lately...
- I hope that this will happen soon...
- What is it like in the future?
- This is something funny that happened today...
- This is something that scares me right now...
- This is something that I'm stressed about these days...
- This is what's been going on here lately...
- This is something that I wish I told you before...
- What is it like where you are?
- I wish that...
- I wonder....
- Sometimes I miss...
- I want to...
- I will...

[illegible]

[illegible]

በጥፋት ሲሆን

[illegible]

▷▷▷ C⁹ Δ₆ ԻՆՖՐԱԷՐԾ ԼՐՎՈՐՆԱՐ:

- [illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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MEMORIES

Are you ready to explore some memories of your loved one? Think about these questions, and answer them in your own time.

Something they always said to me:

They were the best at:

My favourite thing to do with them was:

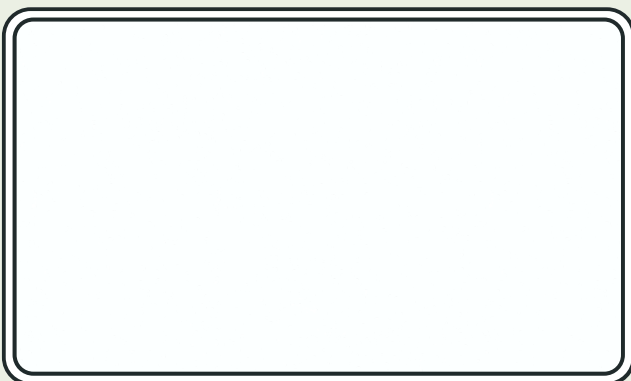
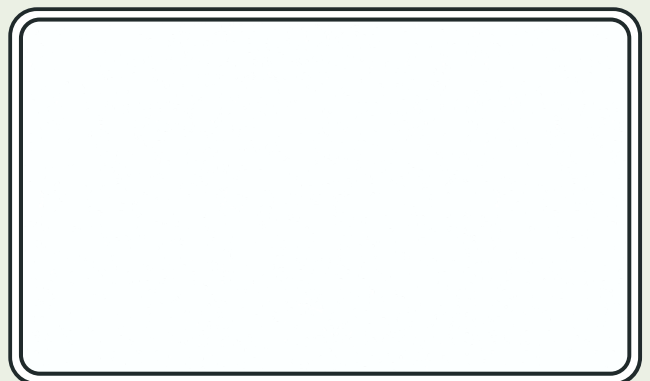
One thing that I really loved about them:

Their favourite food:

Something that reminds me of them:

MEMORIES

Now, choose your own memories to write down!

A large, empty rectangular box with rounded corners and a double-line border, intended for writing a memory.A large, empty rectangular box with rounded corners and a double-line border, intended for writing a memory.A large, empty rectangular box with rounded corners and a double-line border, intended for writing a memory.A large, empty rectangular box with rounded corners and a double-line border, intended for writing a memory.A large, empty rectangular box with rounded corners and a double-line border, intended for writing a memory.A large, empty rectangular box with rounded corners and a double-line border, intended for writing a memory.

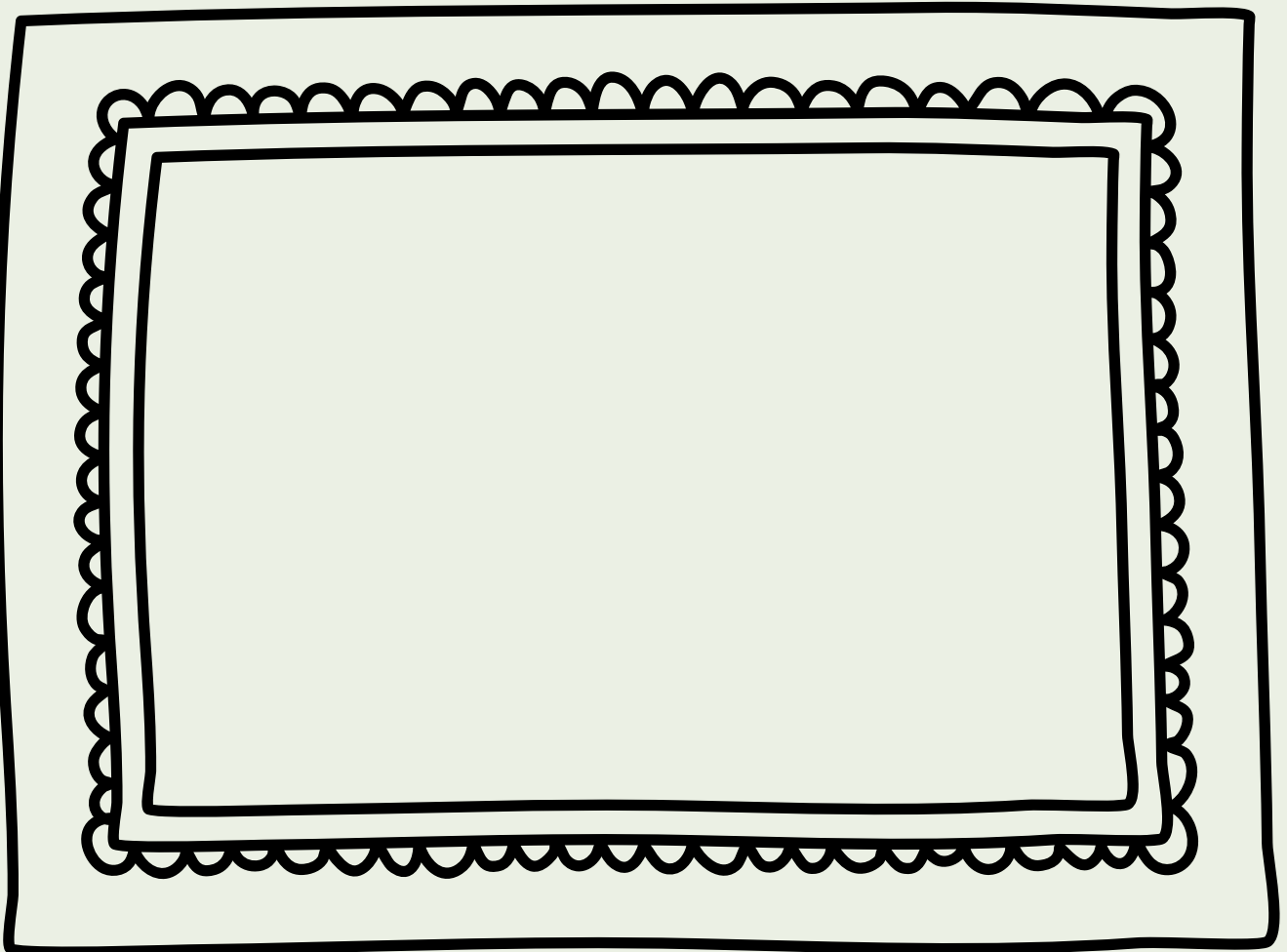
MEMORIES

Funerals, memorials, and other rituals and ceremonies can help you say good-bye to and honor the person who died.

Other ways that you can express your love for them include creating art, writing music, poetry, going on the land, sewing, and simply remembering.

How would you like to remember them?

Below, use drawings/art, words, images, or songs to brainstorm your own way to honour your loved one.



Δ^{9b}6▷L₉^{9b}⌋^c

[illegible][illegible]
$$\begin{array}{c} \wedge^b \text{b}^c \text{r} \triangleleft \dot{\text{r}} \text{z} \triangleleft \text{c} \triangleright^c \text{b} \text{c} \\ \text{c}^b \Delta \dot{\text{L}}^b \text{;} \end{array}$$

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ጥቅም ላይ ይውላል፡

$\Delta \triangleright \sigma^c \prec \rho \triangleleft \tau^b \subset$
 $\circ \cup \sigma \rho \tau \triangleleft \rho^b$

[illegible]

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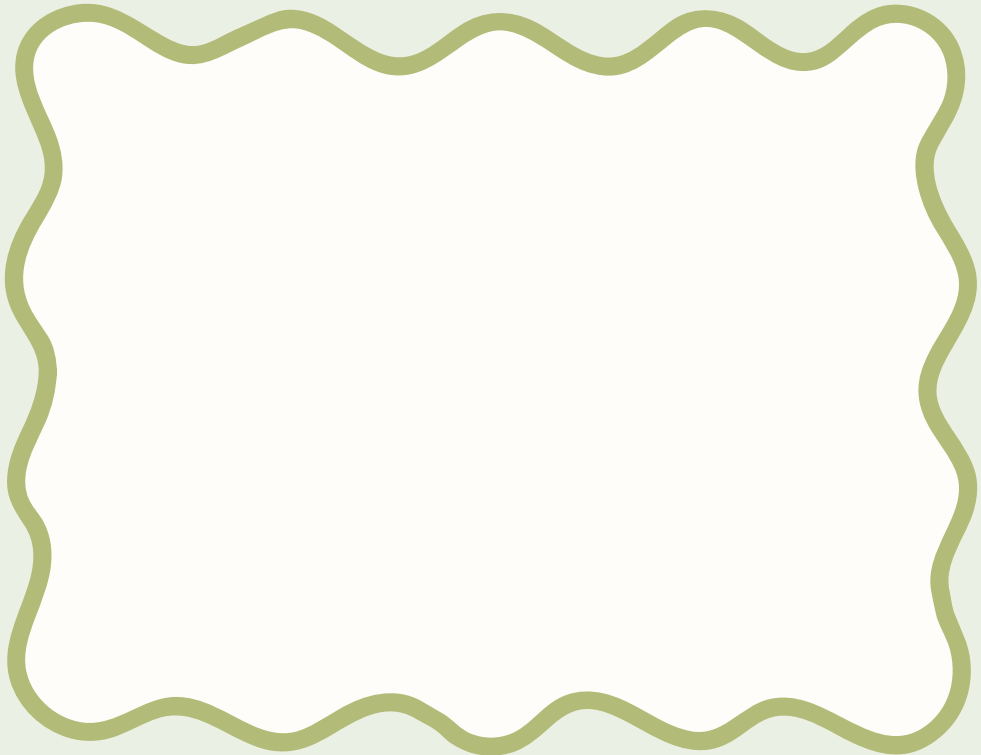


Δ ϣ β ▷ L ϣ ⋈

Δαδ⁹ρ⁶, Δ⁸ββΔΓ⁷π⁶, Δ⁴Λ Δ⁹ρ⁶ β⁷π⁶Δ⁸π⁶ Δ⁸ββΔΓ⁷π⁶ ς⁶
 β⁷Δ⁹Δ⁹π⁶σ⁶ Δ⁸β⁷π⁶β⁷π⁶ C⁸π⁶π⁶σ⁶ Δ⁴Λ Δ⁹ρ⁶σ⁶
 Δ⁸π⁶σ⁶Γ⁷Δ⁹.

[illegible]

$\epsilon_b \Delta^{\epsilon_b} L J L A R^c C^b D$?

[illegible]

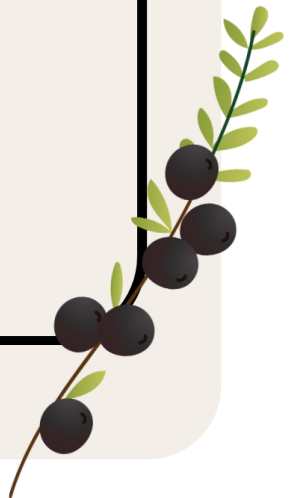
MY GRIEF

What is the strongest emotion
I have felt so far?

What fears do I have?

What do I wish people
understood?

What has been the most
challenging part of this
experience?



የቦካሎቶ

የቦካሎቶ ለጥናት ምረቃ
ጥያቄ ማረጋገጫ?

የቦካሎቶ ለጥናት ምረቃ
ጥያቄ ማረጋገጫ?

የቦካሎቶ ለጥናት ምረቃ
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ጥያቄ ማረጋገጫ?





MY SELF-CARE PLAYLIST



Music can be a powerful tool for healing. Create a playlist of songs that bring you comfort or remind you of good memories or loved ones.

























[illegible]

ሙኒድሰር ሕጋዊ ምርመራ ሲደረግ ሲሆን፣ ሕጋዊ ምርመራ ሙኒድሰር
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 ሕጋዊ ምርመራ ሲደረግ ሲሆን፣ ሕጋዊ ምርመራ ሙኒድሰር



MY SUPPORT SYSTEM

You are loved and supported by so many people. These friends, family and others who love and support you are part of your support system. Think about some people who love and support you in your life- write their names or draw something that reminds you of them.

On the second page, reflect on what they do for you!



Δεῖξτε ὅτι

[illegible]

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MY SUPPORT SYSTEM

How do they show me that they
love me?

How do they help me?

How do I feel when I am with them?

How can I thank them for being
there for me?

What do I wish I could tell them?

What is my favourite thing to do
with them?

How can I ask them for the help I need?

What do I want them to know?

Δεῖν ἴσθι ὅτι

[illegible]
$${}^{\mathfrak{A}}\mathfrak{B} \supset {}^{\mathfrak{A}}\sigma \Delta \mathfrak{B} \prec \prec \prec ?$$
[illegible]

ፍጹም ምክረጥረፍ ለፍጹም ምክረጥረፍ
ለፍጹም ምክረጥረፍ ምክረጥረፍ?

[illegible]

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MY THOUGHTS

Your mind might feel cluttered right now, so let's try to sort out our random thoughts and emotions with some helpful prompts.

In this moment I feel..



I miss..



They taught me...



One day soon I hope..



It feels different when..



I keep thinking about..



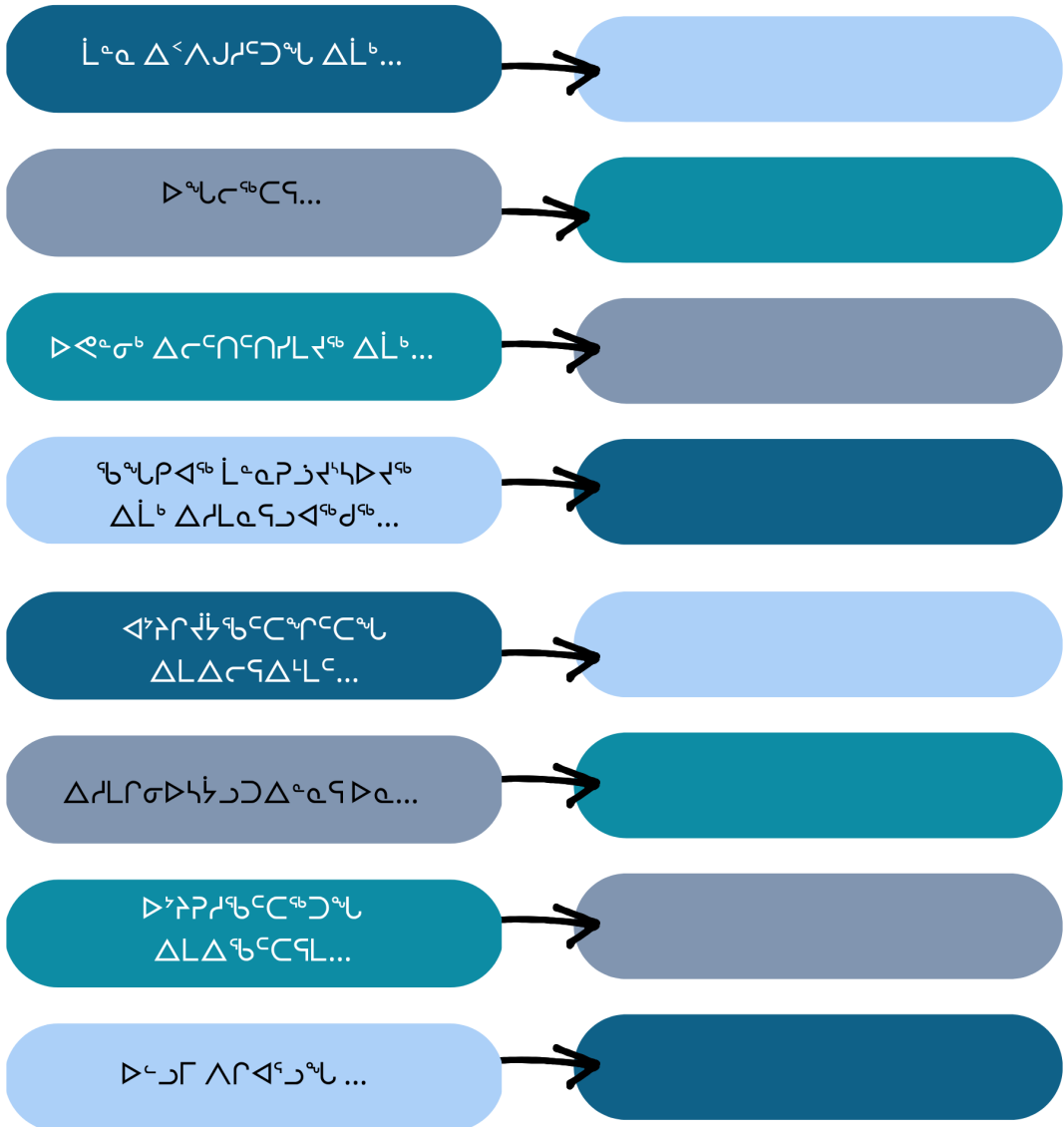
I noticed that I...



Starting today I...



ΔϣΛρζ^bς

[illegible]

MY THOUGHTS

Your mind might feel cluttered right now, so let's clear out any random thoughts and emotions with some helpful prompts

In this moment I feel..



I want...



I will...



I wish that...



Tomorrow I will...



I keep thinking about..



I noticed that I...



I am worried about...



ΔΗΛΩΣΗ

ΔΗΛΩΣΗ ΣΕΦΔΑΕΕΚΑΔΕΛ ΔΗΛΩΣΗΤΗΤΑ ΤΕΤΑΡΤΗΣ ΤΕΤΑΡΤΗΣ

ΕΙΣ, ΑΝΤΙΔΕΛΕΥΣΗ ΔΗΛΩΣΗΤΗΤΑ ΤΕΤΑΡΤΗΣ ΤΕΤΑΡΤΗΣ

ΔΕΛΩΣΗ ΤΕΤΑΡΤΗΣ ΤΕΤΑΡΤΗΣ ΤΕΤΑΡΤΗΣ

ΕΙΣ ΔΕΛΩΣΗ ΤΕΤΑΡΤΗΣ...



ΔΕΛΩΣΗ ΤΕΤΑΡΤΗΣ...



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ΕΙΣ ΤΕΤΑΡΤΗΣ ΤΕΤΑΡΤΗΣ...



ΔΗΛΩΣΗ ΤΕΤΑΡΤΗΣ...





You are
doing the
BEST you
can



You are
WORTHY and
LOVABLE



It's OK
to ask
for help



You are
capable of
AMAZING
things

NOTE TO SELF



Your
boundaries
are
important



Your
FEELINGS
are valid



It's OK
to start Over
and **TRY**
AGAIN



You are
ALLOWED
to say
NO

ፍጹህ ሥራ
ለጥሩ ሥራ
ለጥሩ ሥራ
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ON THE LAND

Spending time on the land is a very healthy activity, especially during a difficult time in your life. Have you been taking time to go out on the land recently? Fill in the blanks below!

When I am on the land I feel...

.....

My favorite thing to do on the land is...

.....

My favourite place to go on the land is...

.....

When I am on the land, I notice that...

.....

When I am on the land, I know that...

.....

Being on the land reminds me of...

.....

[illegible]

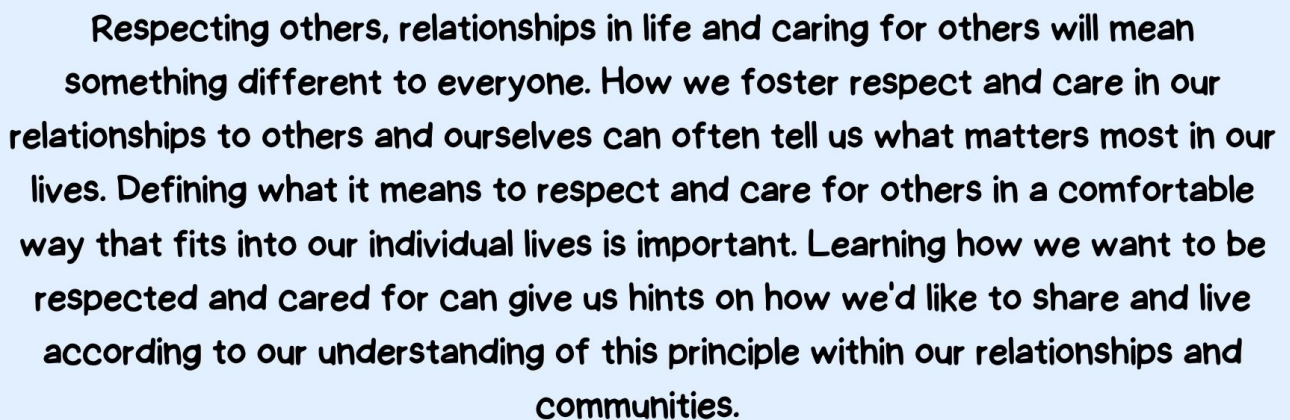
‘ဗုဒ္ဓါဝါဒ’ နှင့် ‘ဗုဒ္ဓဘာသာ’ မှာ အဓိပ္ပာယ်တူသောကြောင့် ဗုဒ္ဓဘာသာဟုသာ ဖော်ပြရမည်။

ᠮᠡᠴᠡᠨᠠᠵᠤᠯᠤᠰ, ᠳᠠᠭᠠᠨᠠᠵᠤᠯᠤᠰ ᠤᠯᠤᠰ...

ፊርግ፣ ምሽት፣ ምሽት...

ፆ፻፸፱ ልጄልግሰታል፡፡

**RESPECTING OTHERS, RELATIONSHIPS
AND CARING FOR PEOPLE.**



$$\Delta^{\leq} \wedge J \mu^c \nabla^{\leq} \sigma^{\leq b} \nabla^{\leq} \mu^a \sigma^{\leq b}, \Delta \dot{c} \dot{J} \mu^c \sigma^c \nabla^{\leq} L \nabla^{\leq} \mu^c \nabla^{\leq} \sigma^{\leq b} \\ \rho^b \dot{J} \Delta^{\leq} \mu^c \sigma^c$$
[illegible][illegible]

THE 7 STAGES OF GRIEF

These stages are steps that you may go through when someone you love has passed on. You could feel like you are experiencing many stages at once, or that you are going through them in a different order.

This is completely normal!

Which stage do you think you are going through right now?

-Shock-

A state of disbelief after an upsetting or surprising event or experience.

-Anger-

In this stage, you might direct your anger towards the person who has passed, doctors, friends or family members, and even yourself.

-Denial-

You may try to ignore or avoid the reality of your loss, and the emotions that the loss creates.

-Bargaining-

This stage can involve negotiating with a higher power to take away the pain you feel after a loss.

-Depression-
In this stage, you may feel intense sadness and/or emptiness.

-Testing-

In this stage, you will begin trying and testing new solutions to deal with your loss.

-Acceptance-

In this final stage of the grieving process, you have learned how to continue living with your loss. You have accepted that your loss is their new reality.

7 ◀^aC▶^c ρ^bσ^d

[illegible]

CL^a₂ <D^{9b}C>L₂r^{9b}!

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— ᄃᆫᆯᆺᆸᆮᆪᆳ —

Եւ ինչպէս զայն արարեալ է
 զմեզ զմեզ արարեալ է
 Եւ զայն արարեալ է
 Եւ զայն արարեալ է

$$-\sigma^{\alpha\beta}\mathcal{L}\triangleright\mathcal{L}\sigma^{\beta\alpha}-$$

CLDፌሪ፣
 ሚኒስቴር ልማት ሕይወት ጥበቃና ጋር
 ምዕራባዊ ልማት ሚኒስቴር፣ ኃይለማርያም
 ለጥቅም ልማት ሚኒስቴር፣ ልማት
 ሚኒስቴር ልማት ሚኒስቴር፣

—ΓΠΔ^αΠΛσ^α—

ልሳሳታችንን ለሕዝብ
 ልማት ማድረግ
 ለሕግ ልማት ማድረግ
 ለሕግ ልማት ማድረግ
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 ለሕግ ልማት ማድረግ

— ᐃᓴᑦᕆᑎᑦᓂᑦ —

ᑕᑕᑐᒥᖃ ᐊᑐᑦᑎᓪᑐᑎᑦ
ᐃᓴᑦᕆᑎᑦᓂᑦᓂᑦᑐᑎᑦ ᐊᑕᓂᑦᒥᑦ
ᐃᓪᓇᓂᐊᒋᔭᑐᐃᑦ ᐱᑦᕆᑕᐅᖁᑐᐃ
ᐃᑕᖃᑕᐅᑦᑎᓪᑐᑎᑦ.

[illegible][illegible][illegible][illegible][illegible][illegible][illegible]

WHAT DOES MY GRIEF FEEL LIKE?

SADNESS

FEAR

PAIN

CONFUSION

LONELINESS

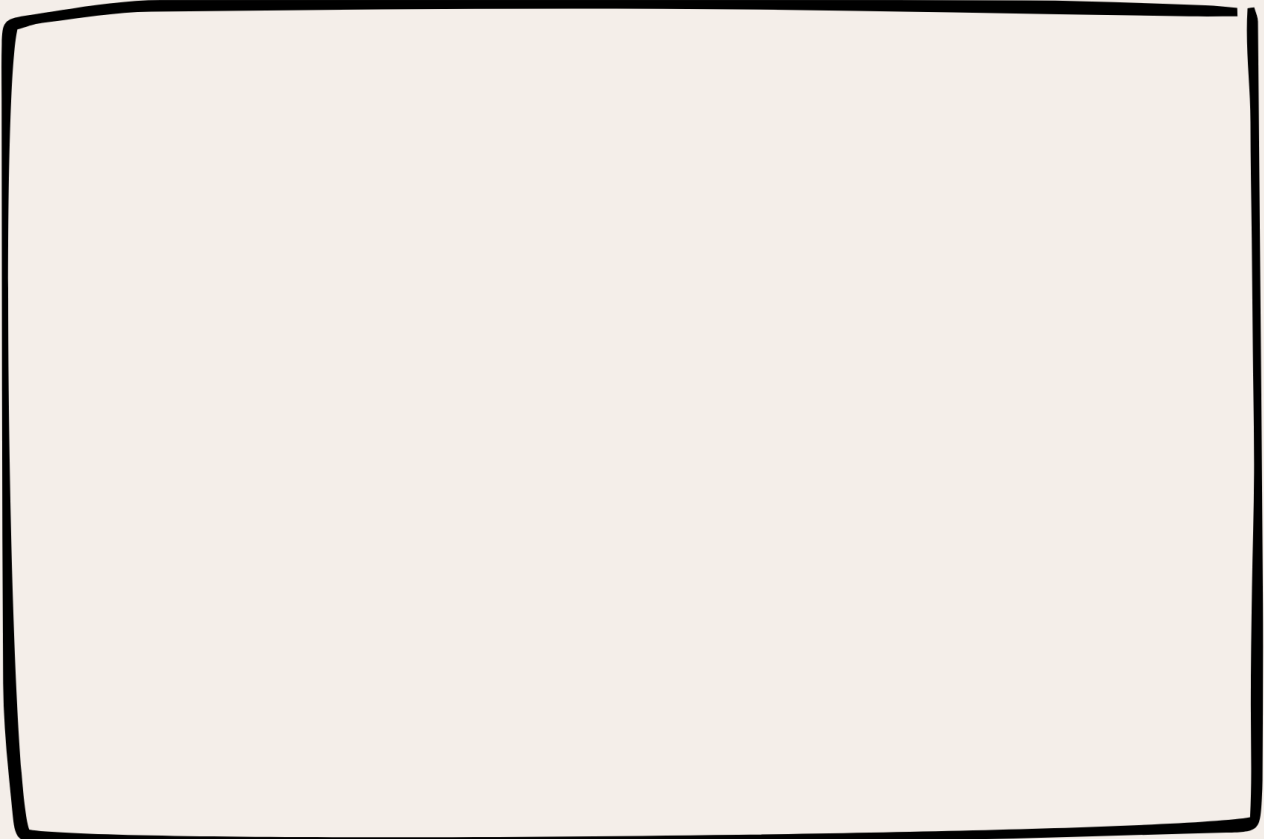
ANGER

IRRITATION

DEPRESSION

RELIEF

ADD MORE FEELINGS BELOW



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$\rho_{\Delta} \triangleq \rho_{\sigma}$

၂၅၆၆

 $\triangleleft^a \sigma \triangleleft \sigma^b$

உதாரணம்

Δφζης⁹⁶

$$\sigma^{\mathfrak{su}} \cup \triangleright \cup \sigma^{\mathfrak{sb}}$$
 $\angle A \sigma^{\text{C}_6}$

മിസ്റ്റർ

[illegible]
$$\Delta_{\mathcal{C}} \rho_{\mathcal{C}}^{\text{eq}} \supset \Delta^{\mathcal{C}} \wedge^{\mathcal{C}} \sigma \triangleleft \mathcal{R} \triangleright \mathcal{I}^{\mathcal{C}} \triangleleft \dot{\mathcal{C}} \sigma$$


WHAT I NEED

**Take some time to identify what kind of support
you need from the people around you.**

**What I need from
my family:**

**What I need from
my friends:**

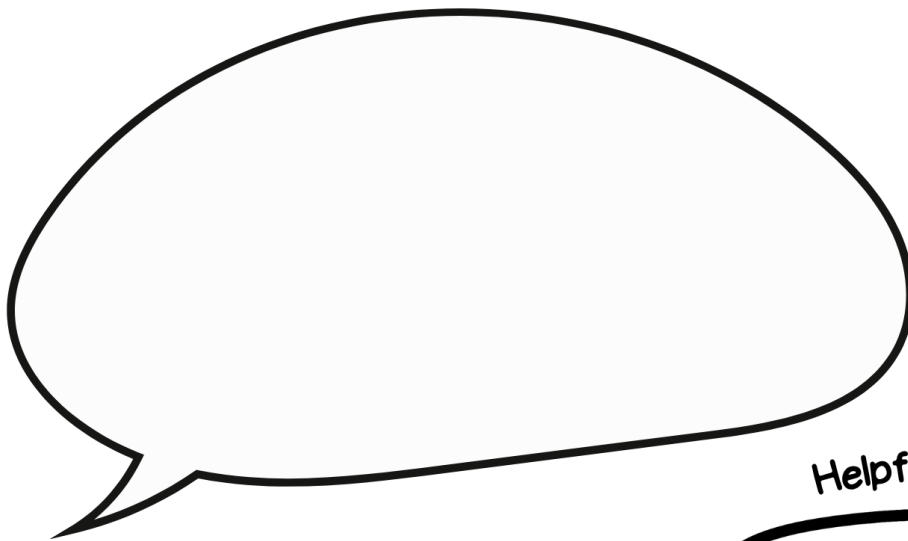
What I need from my community:

[illegible]

$\Delta b^{\text{rb}} C \triangleright \neg L \triangleleft b^{\text{rl}} \text{u}^{\text{il}} L$
 $\Delta c^{\text{e}} \text{p}^{\text{c}};$

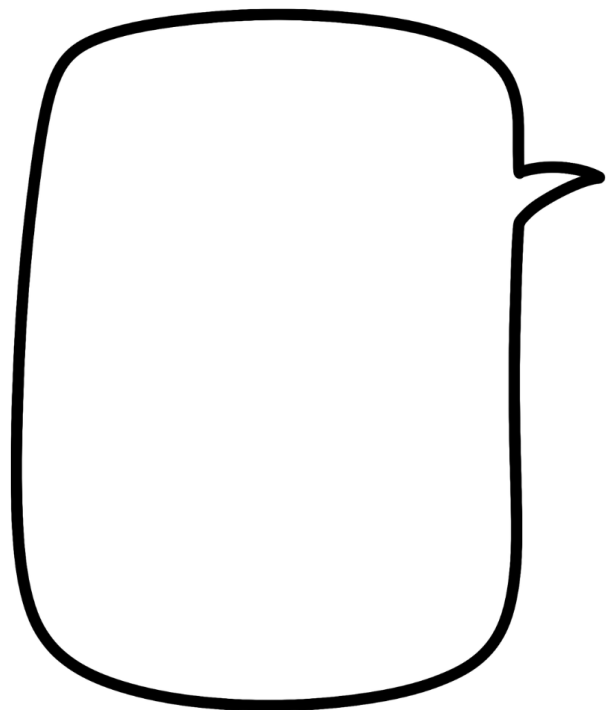
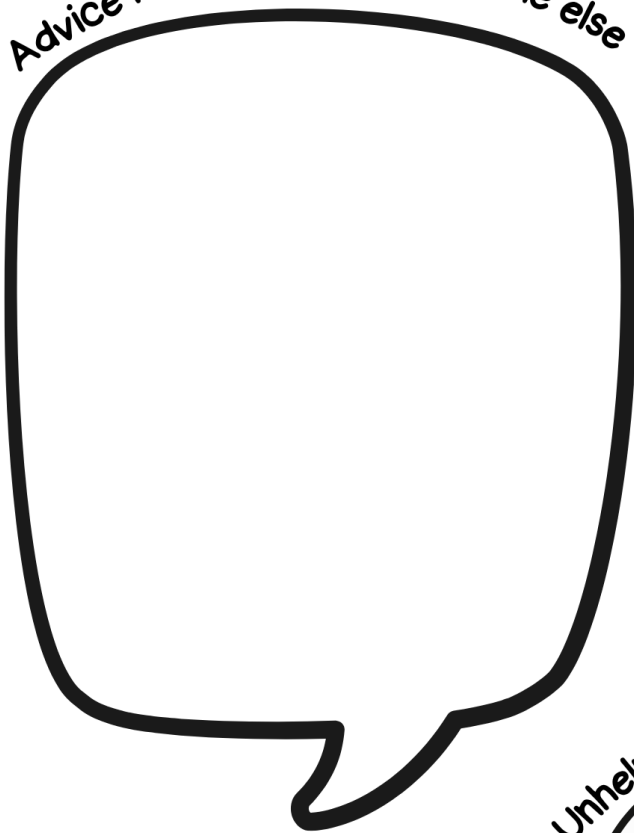
$\Delta b^{\epsilon_b} C \triangleright_L \triangleleft b^{\epsilon_L} \mathfrak{L}^{\epsilon_L}$
 $\wedge^{\epsilon_b \cap \epsilon_c}:$

[illegible]

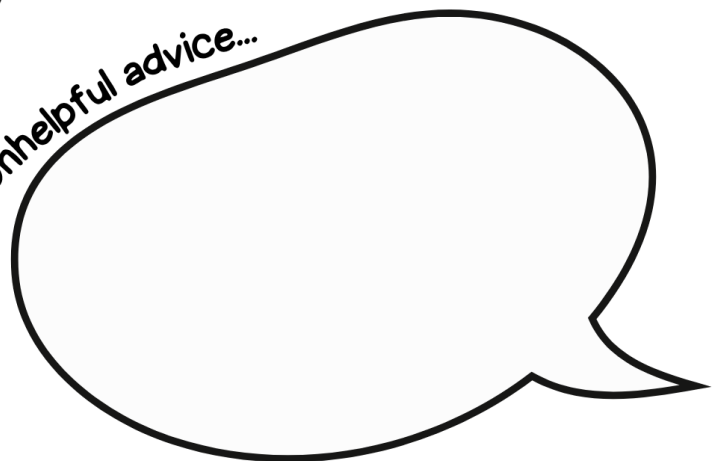


Helpful advice

Advice I would give to someone else



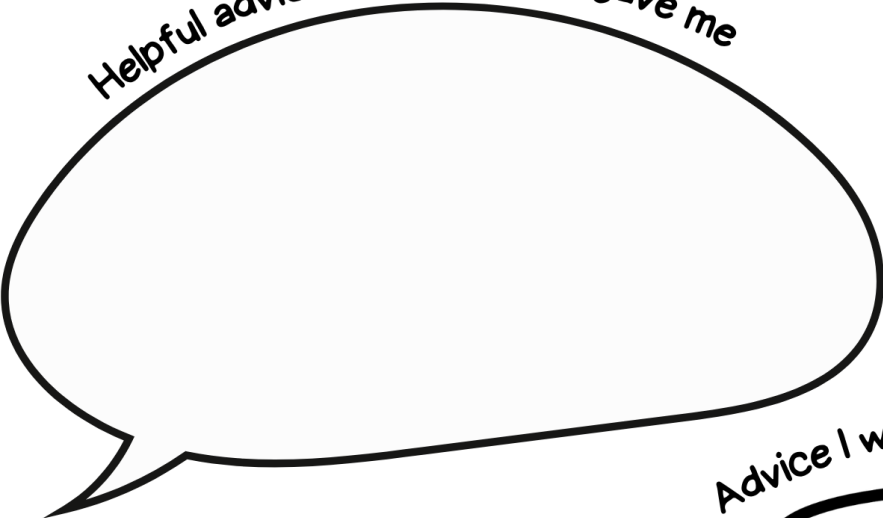
Unhelpful advice...



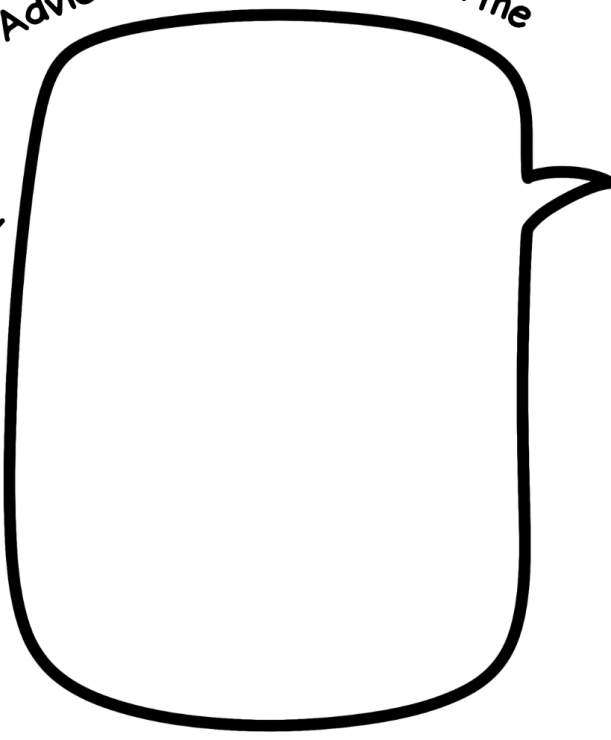
WORDS OF ADVICE

When you are going through tough times, there are often lots of people who want to give you advice. This advice can be helpful, but it can also be unhelpful. Below, think about some of the advice you have received before.

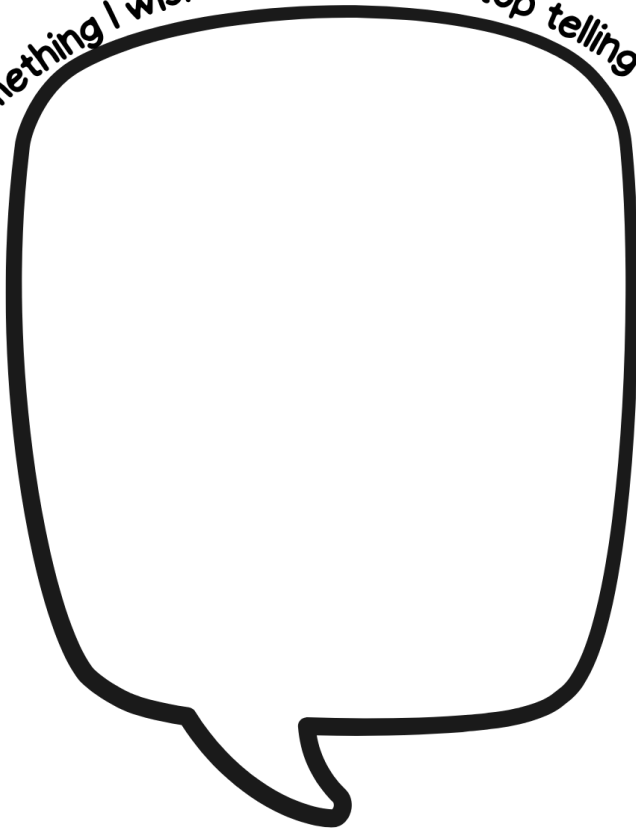
Helpful advice that someone gave me



Advice I wish someone told me



Something I wish people would stop telling me



WORRY JAR

Write your worries into this jar. You can write anything that makes you sad, anxious, nervous or scared. Once you are done filling the jar, imagine closing the lid. Take a deep breath and check in with yourself-does it feel better now that you wrote down your worries?



ΔΗΛΩΘΕ ΤΟ ΣΥΓΓΡΑΜΜΑ ΣΕ ΜΙΑ ΔΕΛΤΑ

ΟΝΟΜΑΤΕΠΩΝΥΜΟ ΚΑΙ ΔΙΕΥΘΥΝΣΗ ΣΕ ΜΙΑ ΔΕΛΤΑ.
ΟΝΟΜΑΤΕΠΩΝΥΜΟ ΚΑΙ ΔΙΕΥΘΥΝΣΗ ΣΕ ΜΙΑ ΔΕΛΤΑ,
ΠΑΡΑΡΤΗΜΑΤΑ, ΕΠΙΣΗΜΑΝΣΕΙΣ ΚΑΙ ΣΗΜΕΙΩΣΕΙΣ
ΣΕ ΜΙΑ ΔΕΛΤΑ. ΑΝΤΙΣΤΟΙΧΑ ΚΑΙ ΣΕ ΜΙΑ ΔΕΛΤΑ, ΚΑΙ ΣΕ ΜΙΑ ΔΕΛΤΑ
ΛΟΓΩΣΤΕ ΤΟ. ΑΝΤΙΣΤΟΙΧΑ ΚΑΙ ΣΕ ΜΙΑ ΔΕΛΤΑ – ΑΝΤΙΣΤΟΙΧΑ
ΟΝΟΜΑΤΕΠΩΝΥΜΟ ΔΙΕΥΘΥΝΣΗ?

