



## **Masterclass Self-Reflection Tool - Grief, Loss and Mental Health: One Year into a New World.**

1. Do I find my mind is pre-occupied with thoughts of how to escape my feelings?
2. Do I feel tense, worried, anxious, or feel like I can't sit still?
3. Do I feel sad and want to cry a lot?
4. Do I feel I must repeat specific tasks or rituals? (i.e., counting or checking/rechecking things.)
5. Have my sleeping or eating patterns changed?
6. Do I feel tired, lethargic, or like I have no energy?
7. Do I know anyone or a group willing to support me when I feel overwhelmed?
8. What could I do instead of turning towards unhealthy behaviors?
9. Do I have coping skills, activities, a self-care routine, etc.?
10. What are my dreams? What are my values? How can I move closer towards them?