Coping With Grief

Find the words. Learn the gentle ways to carry your grief.

Name: _____ Date: _____

Words go across or down. Good luck, and have fun!

A	A	P	O	D	Y	M	A	N	A	H	X	E	W	R
S	G	B	A	M	E	M	O	R	I	E	S	R	L	N
M	F	R	I	G	S	L	D	E	O	A	U	E	G	E
A	J	E	T	Y	V	P	E	M	M	L	P	U	R	O
X	P	A	T	I	E	N	C	E	N	I	P	Y	E	I
G	O	T	O	A	D	L	O	M	A	N	O	E	N	U
S	U	H	O	P	E	A	M	B	N	G	R	G	N	Y
T	A	E	G	R	D	I	F	R	M	G	T	C	N	L
R	A	C	T	F	N	B	O	A	O	N	I	I	I	E
E	M	P	R	A	Y	E	R	N	H	O	S	E	A	V
N	A	A	E	M	E	Y	T	C	D	W	T	Y	D	O
G	R	A	T	I	T	U	D	E	D	O	I	V	C	T
T	B	O	L	L	U	H	F	Y	R	E	N	M	A	U
H	C	P	R	Y	I	O	E	X	O	A	Y	O	R	I
R	L	E	A	A	Y	O	E	B	F	D	M	W	E	E

Find these words:

BREATHE
COMFORT
FAMILY
GRATITUDE
HEALING
HOPE
MEMORIES
PATIENCE
PRAYER
REMEMBRANCE
STRENGTH
SUPPORT

Words to Know

What the words mean - and how they can comfort your heart.

BREATHE - When grief feels heavy, slow breathing can calm your body and your mind. Breathe in slowly, then let it go.

COMFORT - The small things that soothe you - a warm drink, a soft blanket, a kind voice. Let yourself be comforted.

FAMILY - The people who share your life and your loss. Lean on them, and let them share their memories with you too.

GRATITUDE - Noticing small good things, even on hard days - a sunny window, a phone call, a meal shared with a friend.

HEALING - The slow mending of a grieving heart. It takes time, and it never means forgetting the one you love.

HOPE - The quiet belief that brighter days will come again, even when today feels dark and heavy.

MEMORIES - The stories, photos, and moments you hold dear. Sharing them keeps your loved one's spirit close.

PATIENCE - Grief has no schedule. Be gentle with yourself on the slow days, and take healing at your own pace.

PRAYER - Speaking from the heart can bring peace and strength. Many people find comfort in their faith and prayer.

REMEMBRANCE - Honoring the one you lost - a photo on the shelf, a candle lit, a favorite story told on their birthday.

STRENGTH - The quiet courage it takes to face each new day. You have more of it than you know, even on hard days.

SUPPORT - The help and kindness of others - family, friends, a faith community, or a grief group. You are not alone.

Three gentle reminders for the hard days

1. Take it one day at a time. There is no right way and no timetable for grief. Small steps, one day at a time, are enough.

2. Stay close to people. Call a friend, share a meal, or sit with family a while. Time with others eases the loneliness of grief.

3. Talk about your loved one. Say their name and tell their stories. Sharing memories keeps love alive and helps your heart heal.

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Find the words. Learn the gentle ways to carry your grief. - ANSWER KEY

A	A	P	O	D	Y	M	A	N	A	H	X	E	W	R
S	G	B	A	M	E	M	O	R	I	E	S	R	L	N
M	F	R	I	G	S	L	D	E	O	A	U	E	G	E
A	J	E	T	Y	V	P	E	M	M	L	P	U	R	O
X	P	A	T	I	E	N	C	E	N	I	P	Y	E	I
G	O	T	O	A	D	L	O	M	A	N	O	E	N	U
S	U	H	O	P	E	A	M	B	N	G	R	G	N	Y
T	A	E	G	R	D	I	F	R	M	G	T	C	N	L
R	A	C	T	F	N	B	O	A	O	N	I	I	I	E
E	M	P	R	A	Y	E	R	N	H	O	S	E	A	V
N	A	A	E	M	E	Y	T	C	D	W	T	Y	D	O
G	R	A	T	I	T	U	D	E	D	O	I	V	C	T
T	B	O	L	L	U	H	F	Y	R	E	N	M	A	U
H	C	P	R	Y	I	O	E	X	O	A	Y	O	R	I
R	L	E	A	A	Y	O	E	B	F	D	M	W	E	E

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