



Wellbeing Webinar: Understanding Loss Toolkit

Where would you say you are in relation to the whirlpool of grief diagram?

Is there anything from the PEACE acronym that you think you could try over the next week?

P - Precious memories: _____

E - Energise yourself: _____

A - Anger release: _____

C - Carve out time: _____

E - Endurance: _____

How will you apply your learning today?

What did today's session mean for you?
