

# When I grieve, **I feel...**

*Like being  
in nature*

Like crying

**Disconnected**

**Overwhelmed**

Like creating art

**Like I didn't  
do enough**

**Their  
absence**

*Like dancing  
it out*

**#Grief2021**

**#IFeel**



Canadian Hospice Palliative Care Association

Association canadienne de soins palliatifs

