

# Lanterns Through Loss

A GENTLE DECK FOR  
GRIEF AND HEALING



by *Camp Good Grief*

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50 COPING CARDS FOR GRIEF

# Lanterns Through Loss

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1 FEEL

## Name the Wave

Pause and name the feeling present right now. There is no wrong answer.

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2 FEEL

## Hand on Heart

Place a hand over your heart and take 3 slow breaths. Tell yourself, 'This is hard, and I am here.'

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3 FEEL

## What Hurts Most

Write one sentence about what feels hardest today.

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4 FEEL

## Permission Slip

Finish this sentence: 'Today, I give myself permission to...'

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5 FEEL

## The Body Check-In

Notice where grief lives in your body. Stretch or soften that area.

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6 FEEL

## Tears or No Tears

Remind yourself: grief does not have to look a certain way to be real.



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7 FEEL

## Weather Report

Describe your grief as weather. What would help in this forecast?



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8 FEEL

## One Small Truth

Finish this sentence: 'One true thing about today is...'



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9 FEEL

## Release the Should

List one 'should' you can let go of today.



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10 FEEL

## Gentle Grounding

Name 5 things you can see, 4 you can touch, and 3 you can hear.



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11 REMEMBER

## Favorite Memory

Write a memory that still brings warmth.

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12 REMEMBER

## Their Voice

Recall something they used to say. What does it mean to you now?

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13 REMEMBER

## Carrying Forward

Name one value or quality from them you want to keep alive.

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14 REMEMBER

## Memory Object

Hold an object that reminds you of them. Notice what it stirs.

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15 REMEMBER

## Shared Joy

Remember a moment of laughter. Let yourself smile if it comes.

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16

REMEMBER

## A Photo Pause

Look at a photo for one minute. Breathe and notice what arises.




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17

REMEMBER

## Story Worth Telling

Write a story about them you never want to lose.



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18

REMEMBER

## Sensory Memory

Recall their scent, a song, a place, or a meal linked to them.



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19

REMEMBER

## Thank You Note

Write them a short note beginning with "Thank you for..."



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REMEMBER

## Love That Remains

List 3 ways love is still present, even after loss.



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SOOTHE

## Comfort List

Write 5 things that help you feel a little safer or softer.

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SOOTHE

## Cup of Care

Make a warm drink and sip it slowly with full attention.

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23

SOOTHE

## Rest is Healing

Take 10 minutes to do absolutely nothing productive.

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24

SOOTHE

## Safe Place

Imagine a place where you feel protected. Describe it in detail.

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SOOTHE

## Breathe with Count

Inhale for 4, exhale for 6, and repeat 5 times.

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SOOTHE

## Wrap Up

Use a blanket, sweater, or warm bath as an act of care.



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SOOTHE

## Kind Self-Talk

Speak to yourself as you would to a dear friend in pain.



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SOOTHE

## Music Medicine

Choose a song that matches or softens your mood.



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SOOTHE

## Nourish Gently

Eat or drink one nourishing thing today, even if it is small.



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SOOTHE

## Sleep Support

Write one thing you can do tonight to make rest easier.



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CONNECT

## Reach Out

Send one simple message: 'I could use a little support today.'

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CONNECT

## Tell the Truth

Share honestly with someone you trust: 'Today has been hard because...'

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33

CONNECT

## Accept Help

Let someone help with one small task.

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CONNECT

## Memory Share

Ask a loved one to tell you a favorite story about the person.

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CONNECT

## Sit Beside Me

Spend quiet time with someone without needing to talk much.

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CONNECT

## Community Care

Find a support group, counselor, faith space, or trusted listener.

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CONNECT

## Boundary Blessing

Say no to one thing that drains you.

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CONNECT

## Ask Clearly

Name one concrete need: food, company, a ride, or rest.

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CONNECT

## Legacy Circle

Light a candle or gather with others to remember together.

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CONNECT

## Thank a Helper

Acknowledge someone who has shown up for you.

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CONTINUE

## Tiny Step

Choose one manageable task and celebrate finishing it.




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42

CONTINUE

## Today's Intention

Pick one word for how you want to move through today.



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43

CONTINUE

## New Ritual

Create a small ritual to honor your loss or love.



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44

CONTINUE

## Hope Spot

Notice one thing that brought even a flicker of relief today.



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45

CONTINUE

## Future Letter

Write a note to yourself for a harder day ahead.



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CONTINUE

## Meaning in Motion

Take a short walk and let each step say, 'Still here.'

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47

CONTINUE

## A Changed Me

Name one way grief has changed you, without judgment.

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48

CONTINUE

## Carry Both

Finish this sentence: 'I can miss them and still...'

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49

CONTINUE

## Next Gentle Thing

Ask, 'What is the next kind thing I can do for myself?'

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50

CONTINUE

## Keep the Light

Finish this sentence: 'The love I carry forward looks like...'

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