

W A N D E R I N G S

**SNEAK  
PEEK**

*A sample of the wayfinder's grief  
notebook.*



# WHY Journal?



## EXPRESS YOUR EMOTIONS

Sometimes, it's hard to put into words how you're feeling. Journaling provides a safe space to express yourself honestly and without judgment.

## UNDERSTANDING YOURSELF



Gain insights into your thoughts, feelings and emotions. Journaling is a way to get to know yourself better during a challenging time and see your growth overtime.



## REMEMBER AND HONOUR

Choose to cherish and remember the person or people who have died by documenting special memories, stories, and moments that you want to hold onto.

## RELEASE AND RELIEF



Putting pen to paper can provide a sense of release. It's like taking a weight off your shoulders. It can help you process feelings and find moments of peace and calm.



## CONNECTING WITH OTHERS

Your notebook is a private space, but it can also be a bridge to connect with others. Sharing your thoughts with a trusted friend or family member can be a powerful way to strengthen your support system.



# WONDERS

QUESTIONS • THOUGHTS • FEELINGS  
CURIOSITIES

# I NOTICE, I FEEL, I CAN

Here is a three step exercise that can help with managing big feelings. First, pause and notice how feelings show up and feel in your body. Then, identify the feeling by naming it. Finally, choose a strategy to manage the feeling you identified. Try this exercise to help manage big feelings.

## I NOTICE

my heart beating  
fast and my  
muscles tightening



## I FEEL

overwhelmed



## I CAN

go for a walk and  
take deep breaths

## I NOTICE



## I FEEL



## I CAN

## I NOTICE



## I FEEL



## I CAN

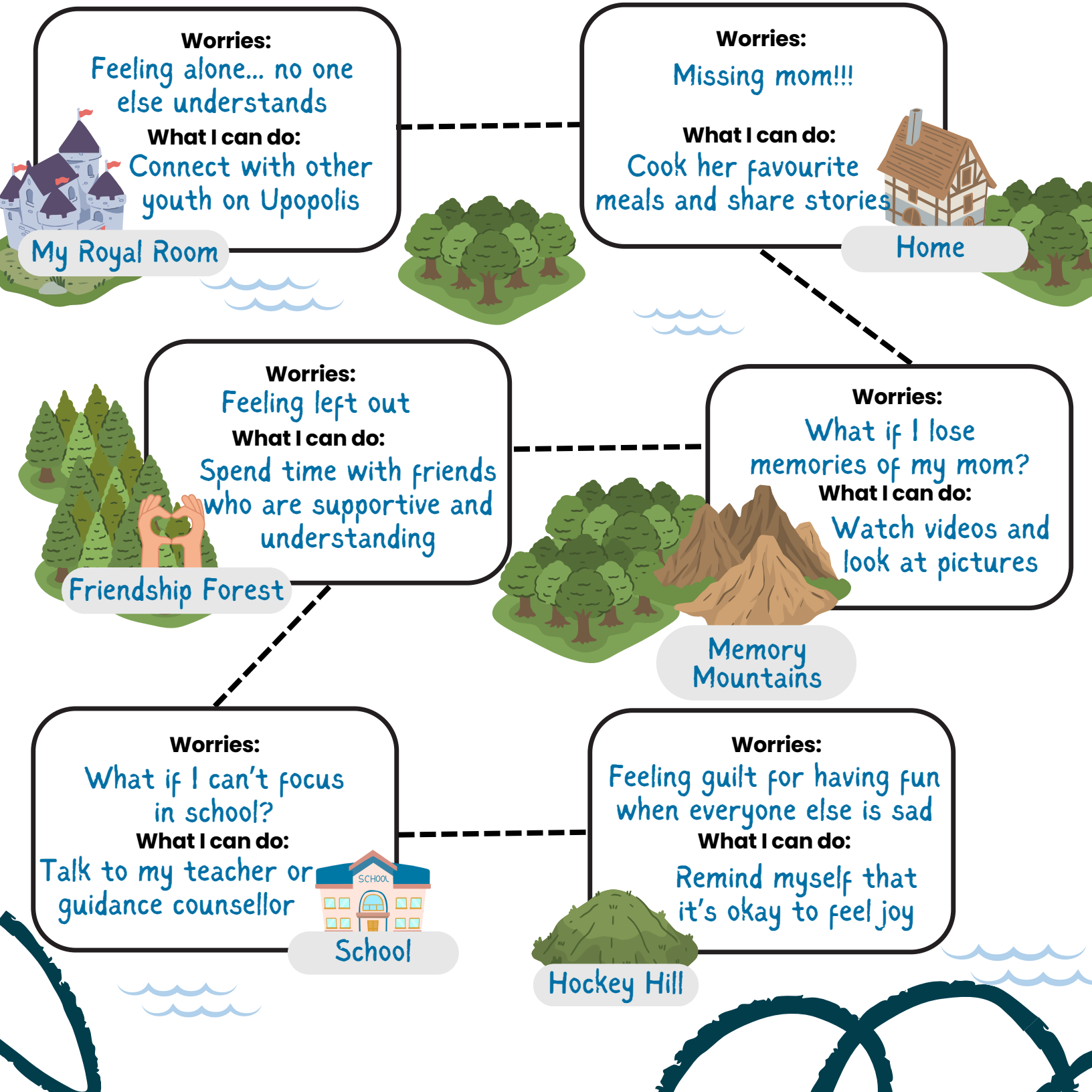


# WORRIES

THOUGHTS • FEELINGS  
UNCERTAINTIES

# WORRY MAP

Where do your worries come from? Create a map of worries that come from different areas in your life (examples: "Homework Hill", "BFF Bay", "Home"). Like using a map to navigate, creating a worry map can help you organize your worries, identify triggers, and plan supportive strategies to use to improve your coping.



# WORRY MAP

For this exercise, map out your worries. Reflect on and identify what places and spaces your worries exist within. Do you notice any patterns or environments where you have more or less worries? Where do you feel safest?

The worksheet is titled "WORRY MAP" and includes an introductory paragraph. It features six interconnected boxes, each representing a different environment. Each box contains two sections: "Worries:" and "What I can do:". The environments are illustrated with icons: a castle, a house, a forest, a mountain range, a small forest, and a hill. The boxes are connected by dashed lines, forming a network. The layout is as follows:

- Top Left Box (Castle):** Worries: [ ] What I can do: [ ]
- Top Right Box (House):** Worries: [ ] What I can do: [ ]
- Middle Left Box (Forest):** Worries: [ ] What I can do: [ ]
- Middle Right Box (Mountains):** Worries: [ ] What I can do: [ ]
- Bottom Left Box (Small Forest):** Worries: [ ] What I can do: [ ]
- Bottom Right Box (Hill):** Worries: [ ] What I can do: [ ]

Connections between boxes:

- Top Left Box is connected to Top Right Box by a horizontal dashed line.
- Top Right Box is connected to Middle Right Box by a diagonal dashed line.
- Middle Left Box is connected to Middle Right Box by a horizontal dashed line.
- Middle Left Box is connected to Bottom Left Box by a diagonal dashed line.
- Bottom Left Box is connected to Bottom Right Box by a horizontal dashed line.

Decorative elements include wavy lines representing water and stylized trees.

# GRIEF

## Notebook?



## MORE INFORMATION

Feeling like this grief notebook is helping? Get the full version on Amazon, Indigo, or the link in the News & Events tab at [upopolis.com](https://www.upopolis.com). This sample version of the notebook includes an exercise from two different sections of Wanderings. The full version is 100 pages and has four sections: Wonders, Worries, Wayfinding, and Wishes.

**Wanderings is a resource developed by the team at Upopolis.**

**Upopolis is** a secure, online social community for youth ages 13 – 23 who are living with a medical diagnosis or condition and youth navigating grief.

**Upopolis provides:**

- A safe, secure, monitored free online community so youth can connect with other youth and professionals while navigating a diagnosis or condition, hospital experience, grief and more.
- Age-appropriate information designed to help youth understand their diagnosis, condition, procedures, and/ or grief..
- Affirmation via shared experiences with peers
- Easily accessible content that offers tips, activities, and resources to help youth cope with their feelings and experiences.



Visit our website for more information: <https://www.upopolis.com>

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Kids' Health Links Foundation

Connect  
Build  
Inspire



# W A N D E R I N G S

Brought to you by  
Kids' Health Links Foundation (KHLF)

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