

GLOBAL GRIEF NETWORK

Grief Practitioner Toolkit

Practical working tools for grief support

For GGN Certified Somatic Grief Support Practitioners
and participants in GGN Grief First Aid and Grief Accomplice

1 INTAKE AND ASSESSMENT

2 SESSION TOOLS

3 SAFETY

4 CLIENT HANDOUTS

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Toolkit Guide and complete set of tools | Edition 1 | 2026

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GLOBAL GRIEF NETWORK | PRACTITIONER CARE

Practitioner Self-Care Check-In

Practitioner Care | Weekly or monthly reflection

Use it when: weekly, or at least monthly, and before supervision. This is a private reflection tool, not a measure or score. Notice trends over time and act early.

Name	Date	Sessions this period	Last supervision (date)

How am I doing?

Mark where you are today. There are no right numbers.

Physical energy

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = depleted 10 = full of energy

Sleep and rest

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = very poor 10 = restful

Emotional steadiness

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = very unsteady 10 = steady

Connection with people outside of work

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = isolated 10 = well connected

Sense of meaning in my work

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = none 10 = strong

My boundaries (time, availability, caseload) are holding

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = not at all 10 = fully

Reflection

Sessions, stories, or images that are staying with me

My own losses that this work is stirring

What restored me during this period

What I need more of

What I need less of

My care plan

One thing I will do for my care this week

Who I will talk with (peer, supervisor, friend)

Something I will say no to

When I will check in with myself next

Reaching out

If your scores keep dropping, or grief from your own life is surfacing strongly, bring it to supervision and consider support from a licensed professional for yourself. If you ever have thoughts of suicide, call or text **988** (988 Suicide & Crisis Lifeline, US). In an emergency, call 911.

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Burnout and compassion fatigue: early warning signs

Body

Tiredness that rest does not fix. Getting sick more often. Headaches, tension, or changes in sleep and appetite.

Heart

Dread before sessions. Feeling numb, irritable, or less able to care. Crying unexpectedly or not at all.

Mind

Clients' stories replaying. Cynicism or hopelessness about the work. Trouble focusing. Doubting your worth.

Practice

Running late, avoiding notes, overbooking, blurred boundaries, or feeling you are the only one who can help.

My own early signs (write them here)

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GGN GRIEF PRACTITIONER TOOLKIT | TOOL 6.2 | SIDE B

When you notice the signs

1. **Pause and name it.** "I am noticing signs of depletion." Naming it is the first step, not a failure.
2. **Talk to someone this week.** Your supervisor, a peer, or a mentor. Do not carry it alone.
3. **Adjust your load.** Pause new intakes, space out sessions, and protect breaks between clients.
4. **Protect the basics.** Sleep, food, water, movement, and time outdoors.
5. **Return to what restores you.** People, places, faith, creativity, and rest that are not about work.
6. **Get your own support.** This work can stir your own grief. A licensed professional can help.

> **Urgent:** thoughts of suicide? Call or text **988** (US). Emergency: **911**. Caring for yourself is part of caring for your clients.

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