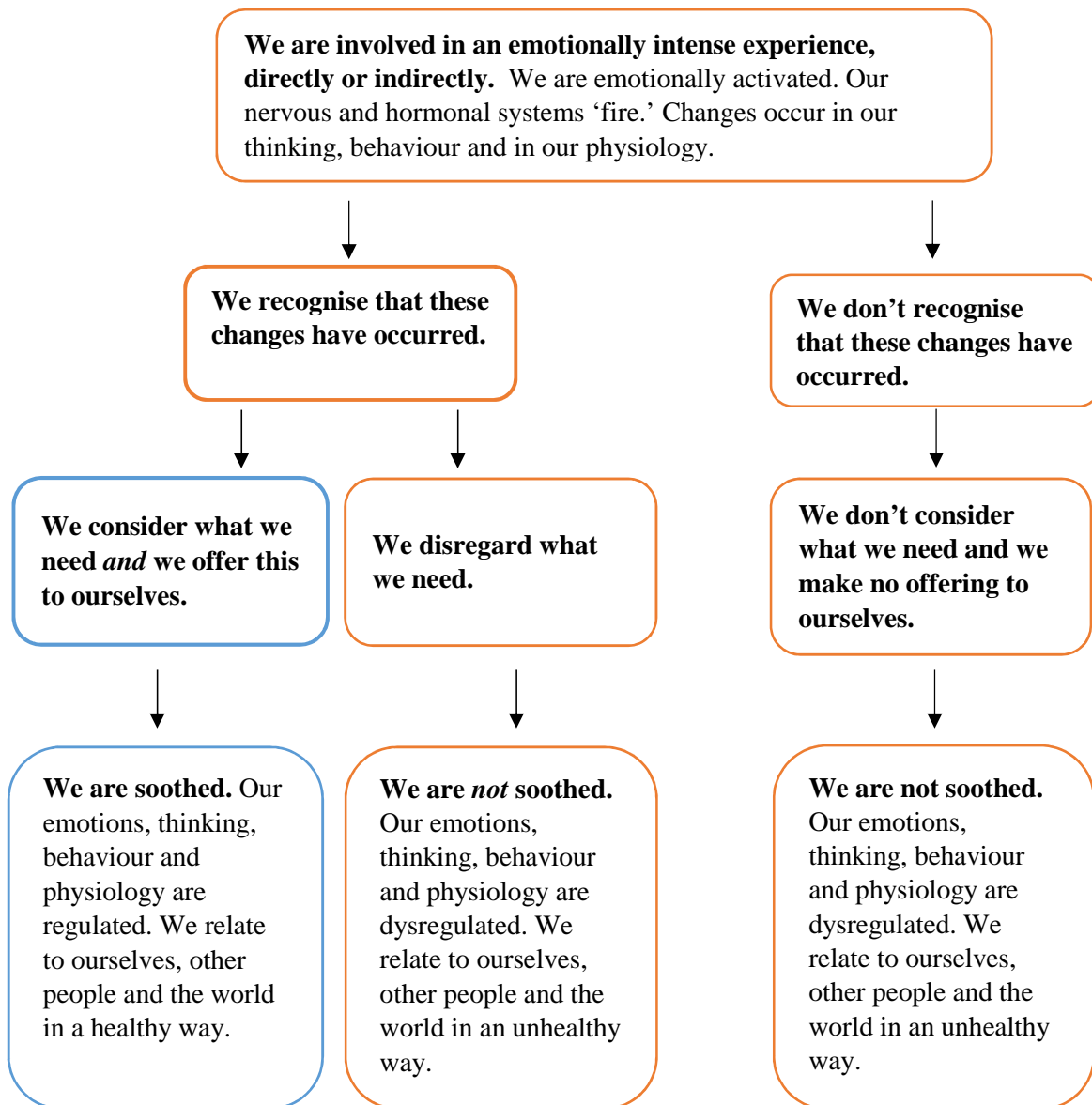


## 'First Responding' When We Are Activated by Grief



### Recognising and responding.

#### Tips for recognising when we are activated:

- **Conduct routine internal temperature checks** – ‘What’s happening with me?’ (Check sensations, images, feelings, thoughts; SIFT)
- **Invite feedback from others.**

#### Tips for responding:

- **Practice self-compassion meditations.** An example is Tara Brach’s RAIN meditation. Available at <https://www.youtube.com/watch?v=wmlt5FyK5Ek>