

We hope this journal will be a comforting companion on your journey through grief and loss. May it provide a space for reflection, connection, and self-discovery, bringing strength and moments of joy amidst the sorrow. Your feelings are valid, and your healing is important. Take the time you need, and cherish the memories that warm your heart. Together, we can navigate this journey with compassion and resilience.

Remember that processing grief takes time and courage. Remember to be kind to yourself, and remember that you are not alone. The community stands beside you, supporting one another as we honour the lives of our loved ones.

*Much love and solidarity,
TGEU — Trans Europe and Central Asia
On Trans Day of Remembrance, 2024*

tgeu.
TRANS EUROPE
AND CENTRAL ASIA



Through memory, we heal

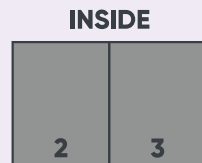
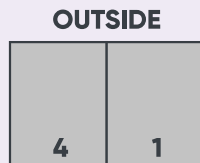
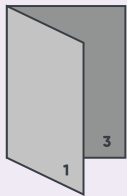
A journal for reflection and care

Introduction

This journal was created at TGEU to offer space for reflection, healing, and honouring the lives of our trans siblings who have been lost. Grief is a deeply personal experience, yet it also connects us to a larger community bound by shared love, pain, and resilience. Through these pages, we invite you to explore your thoughts and emotions, to hold space for your grief, and to process the impact of loss—both individually and within your community.

Whether you choose to use this journal on your own or in conversation with others, we encourage you to approach it with openness and care. Through remembrance and grief, we find strength by coming together, uplifting one another, and fostering the power of community care. This journal is a tool for healing, providing space for you to reflect, express, and honour those we've lost while nurturing and protecting our own wellbeing.

*Simply print all the pages and fold them together to create this journal. IMPORTANT: In the print settings window, be sure to mark "Print on **both sides** of the paper" and "Flip on the **short edge**" to achieve this look.*



Download and share with others: tgeu.org/tdor



A message to the departed

If you could speak to someone who has passed, what would you say to them? What do you wish they could know or hear?

It can be a single word, a letter, a poem.



Reflect on loss

Write about a person you've lost. What are some of the memories that stand out? What did they bring to your life or the community?

It can be a text, a portrait, a symbol, or a sketch of something that reminds you of them.



Notes



Rest and restoration

It is crucial to prioritise rest and self-care! Remember that taking breaks is essential for your wellbeing as a person and an important part of the community.

Take regular breaks



and allow yourself to step away from overwhelming situations. Short breaks can provide clarity, helping you process emotions and reflect without feeling overwhelmed.

Stay hydrated.



Drinking water is vital for both physical and emotional health. Ensure you're hydrating throughout the day. It will positively affect your mood and energy levels.

Prioritise rest.



Give yourself permission to rest when needed. Whether it's a short nap, quiet time, or simply sitting in a comfortable space, allow your body and mind to recenter.

Recognise that rest is not a sign of weakness; it is our basic right and a necessary part of healing.

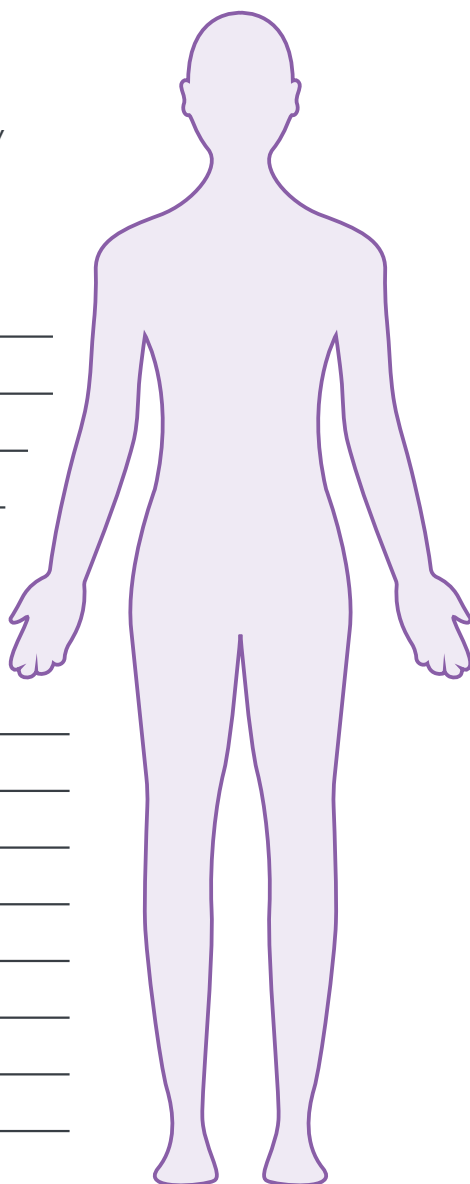


Processing grief

How does grief feel in your body?

Take a moment to notice any sensations, tension, or feelings.

Write about them, or mark and draw these sensations in the body shape on the page.



Nature connection



Spend time outdoors, observing the sights and sounds around you.



Organise a group walk in a local park or natural area. Take turns sharing your thoughts and feelings, allowing the shared experience of nature to facilitate conversation and connection.

Create a memory collage



Collect photos and mementoes to create a personal collage.



Host a crafting session where everyone brings materials to create a group collage. This can serve as a visual representation of collective memories and experiences, fostering a sense of unity.

Mindful reflection



Set aside some dedicated time for personal reflection or journaling about your grief.



Conduct a group reflection session where participants can meditate or journal together in silence. Follow this with an optional sharing time to discuss feelings or thoughts.



While these healing rituals can be practised individually , they also offer meaningful opportunities for connection when shared with others. Consider organising group gatherings to engage in these rituals together , allowing for open dialogue, support, and shared healing in your community.

Light a candle



Light a candle in honour of your loved one, reflecting on your memories and feelings.



Gather together to light candles as a collective act of remembrance. Share a few words about the loved ones you are honouring, creating a shared space of love and support.

Daily gratitude note



Write down one thing you are grateful for each day or a positive memory related to your loved ones.



At the end of the week, come together to share your notes with each other. This can foster connection and celebrate the joy your loved ones brought into your lives.

What are the simple ways you can care for yourself when these sensations and emotions arise? What brings you comfort and helps you feel grounded?

1 _____

2 _____

3 _____

4 _____

5 _____



Celebrating life

What are the ways we can honour the life of someone who has been taken from us?

How can you continue their legacy?



Sensory focus

Focus on a sense that feels comfortable to you. For example, you could:

4



Look at an object and notice its colour, shape, or texture.

Touch something soft or textured and focus on how it feels.



Listen to a calming sound in your environment, like birds or a gentle hum.

Cold water splash

Splash cool water on your face or wrists. Focus on the sensation of the water and the refreshing feeling it brings.

5

Grounding object

Carry a small object, like a smooth stone or a piece of fabric, and hold it in your hand. Focus on its weight, texture, and temperature to return to the present moment.

6

Tips and rituals

Practise daily care on your own or together

GROUNDING TECHNIQUES

1

Deep breathing

Breathe in slowly for 4 seconds, hold for 4 seconds, and exhale for 4 seconds. Repeat 3-5 times to help calm your mind and body.

2

Hand-to-heart

Place one or both hands over your heart and feel the warmth and rhythm of your heartbeat. Breathe slowly, focusing on the rise and fall of your chest.

3

Gentle stretch

Slowly stretch your arms overhead, then gently lower them, letting go in your shoulders. If mobility is limited, try small shoulder rolls or neck stretches, being mindful of your body's comfort.

Chosen family and collective strength

Who are the people in your life or community that give you strength? Write about how you can support each other in times of mourning.



