MEMORY METEORS

You've been feeling okay (ish, at least), and then seemingly out of nowhere comes a memory meteor that sends you crashing straight back onto Planet Grief...

How my body feels when a memory meteor comes:

GRIEF GALAXY

Smells that trigger memory meteors:

What was nice about my memory meteor:

What I didn't like about it:



Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm 08088 020 021 ask@winstonswish.org winstonswish.org



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