

Surviving the First Week of Grief

A soft guide for the days that don't make sense.



This week's post was all about raw, messy grief. And while physical intimacy can be one way to mourn, it certainly isn't the solution. Some things I have found helpful long term is reading books on grieving, daily affirmations, walks in nature and simply BEING.

But still, that first week after the funeral? After everyone has left and you are looking at the four walls that seem suddenly so empty? That's raw. That's painful. Sometimes you just don't even want to get up out of bed.

So in this week's newsletter, I'm providing you with a worksheet. Hopefully, this will help you get out of bed and put one foot in front of another. If you string that together enough days, soon you won't need a reminder to get up out of bed. Will you forget your loved one? Never. Will the pain be completely gone? Not even close. But... you will believe that you can live again. And that's all we can really do.

So scroll on for the worksheet. But before you go, here are some suggested resources:

Transcending Loss, by Ashley Davis Bush. 1997. Using interviews with people who have lost loved ones, the author outlines stages of grief and a framework for making the loss meaningful and transformative.

Grief One Day at a Time: 365 Meditations to Help You Heal by Alan D. Wolfelt. 2016. A daily quote with a brief discussion of the theme contained in the quote to help you as you move through the grieving process.

Center for Loss & Life transition: www.centerforloss.com. The website by Dr. Wolfelt with information about the grief process, finding a counselor and other resources.

You Don't Have to Do It All — Just This

One thing to eat today:

One person to talk to today:

One memory of your loved one:

A moment you stop to focus on breathing today:

What do you NOT have to care about today:

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Optional Ritual

Light a candle. Write their name and place the paper in front of the candle.. Sit and gaze. No fixing. No worrying.

Just Breathe. Just Be.

This isn't healing - it's surviving. And that's enough for now.

XO, Cindy