

You are not alone
in this. ♥



Grief & Loss Series ♥
REAL PEOPLE. REAL FEELINGS.
A KINDER TOMORROW.

Getting Through the Next Hour, Day, and Week

When grief is fresh or intense, small steps are enough.

SMALL STEPS. REAL SUPPORT. YOU ARE DOING ENOUGH. ♥

Your only job right now

TAKE CARE OF THE BASICS.
THAT IS ENOUGH.

- Eat something simple
- Drink water
- Take medications if needed
- Rest when you can
- Let one task be enough



Practical supports that help

YOU DO NOT HAVE TO DO THIS ALONE.

- Say yes to specific help
- Ask someone to handle messages or meals
- Write things down
- Delay big decisions when possible
- Break tasks into one step at a time



What to do when the wave hits

IT WILL PASS. YOU CAN RIDE IT OUT.

- Pause and breathe out slowly
- Sit down if you need to
- Name what is happening
- Text or call a safe person
- Step outside or change rooms
- Use a grounding object



It is okay if...

THERE IS NO RIGHT OR WRONG WAY TO GRIEVE.

- You cannot answer everyone
- You cry unexpectedly
- You feel numb
- You need quiet
- You laugh for a minute
- You do less than usual



A simple plan

THREE QUESTIONS TO HELP YOU FOCUS ON WHAT MATTERS NOW.

- 1 Who can I contact? _____
- 2 What is one thing I need today? _____
- 3 What can wait until later? _____



Want to know more?

Visit leanneatkinson.ca

Hope still belongs here. ♥

SUPPORT • UNDERSTANDING • A KINDER TOMORROW