

Creating a New Routine After Loss

Building gentle structure when familiar routines, responsibilities or companionship have changed.

A gentle place to begin

Grief can alter far more than how we feel. It can change our routines, confidence, relationships, identity and sense of what comes next. This coaching resource is not about rushing grief, finding a silver lining or asking you to 'move on'. It is about creating a little space to notice where you are now and what might support you from here.

What this can look like

Some days may feel relatively steady and others may bring a sudden wave of sadness, anger, numbness, guilt or exhaustion. Grief is not a test and there is no correct timetable. Coaching can be useful when you want practical support with the parts of life that have become harder while still respecting the emotional reality of your loss.

A small coaching exercise

Notice	Choose	Make it smaller
Name the part of life that feels most difficult today.	Choose one thing that would make today slightly more manageable.	Reduce it to the smallest realistic action. Five minutes can count.

Reflection questions

- Which part of the day feels hardest?
- Which old routine still supports me?
- What tiny anchor could I add to mornings, afternoons or evenings?

Try this this week

Choose one compassionate, achievable action connected to this topic. Keep it deliberately small. You might write something down, ask for help, change one part of a routine, spend ten minutes on something meaningful, or simply notice what you need without immediately trying to fix it.

Remember

Progress after loss does not have to mean feeling less love, less sadness or less connection. A person can have difficult days and still be adapting. They can laugh and still be grieving. They can make plans and still miss what has gone.

Books & resources you may find helpful

You do not need to read everything or work through grief in a particular order. Sometimes one chapter, one idea or one sentence is enough to help us look at what we are experiencing a little differently.

- **An Introduction to Coping with Grief — Sue Morris**
- **The Grieving Brain — Mary-Frances O'Connor**
- **Resilient Grieving — Lucy Hone**

UK support

Cruse Bereavement Support — specialist bereavement information, a helpline, local services, one-to-one support and free grief booklets.

Samaritans — emotional support at any time, day or night, on 116 123 if things feel too much or you need someone to listen.

If grief is affecting your ability to stay safe, or you feel at immediate risk, seek urgent help through emergency services or an appropriate crisis service.

A final thought

You are allowed to approach this at your own pace. Coaching is not about pushing you past grief. It can simply help you find practical footholds while you carry something difficult.

Space to Breathe Therapy