

Caring for Myself Through Grief



Grief can use a great deal of emotional and physical energy. Caring for yourself is not about making grief disappear - it is about supporting yourself while you carry it.



LOWER THE EXPECTATIONS

Concentration, motivation and energy may be different while grieving. It can help to simplify tasks, reduce unnecessary demands and focus on what matters most today.



SUPPORT THE BASICS

Food, water, sleep, movement, medication and everyday routines can become harder to maintain. Small, realistic acts of care still count.



MAKE ROOM FOR BOTH GRIEF AND LIFE

You may need time with your grief and time away from it. Rest, distraction, laughter or enjoyment do not mean the person or loss matters any less.



STAY CONNECTED IN MANAGEABLE WAYS

Connection might mean talking, sitting quietly with someone, accepting practical help, sending a message or simply being around people without needing to explain.

SMALL IS ENOUGH

On a difficult day, caring for yourself may be having something to eat, taking medication, opening the curtains, answering one message, resting or asking someone to stay nearby.

Care does not need to be productive.

Sometimes getting through the day gently is enough.

My Gentle Grief Care Plan



Choose what feels realistic for you right now. This is not a list of things you should be doing - it is a place to identify what may support you.

ONE BASIC NEED I WANT TO SUPPORT

Food, water, sleep, medication, movement, hygiene or another basic need.

ONE THING I CAN MAKE EASIER

What could you postpone, simplify, delegate, say no to or ask for help with?

A WAY I CAN REST OR PAUSE

What helps your body or mind have a little less demand placed on it?

A PERSON OR PLACE I CAN TURN TO

Who, or where, helps you feel safer, supported, understood or less alone?

SOMETHING THAT GIVES ME A MOMENT OF RESPITE

Music, television, nature, a pet, movement, reading, a familiar routine, creativity or something else.

ON A REALLY HARD DAY, MY MINIMUM PLAN IS...

What are the few things that matter most when your capacity is very low?

Keep this plan small

You can change it as your needs change. The aim is support, not another set of expectations.