



Grief to do list.

Grieving can be a challenging and overwhelming process. Having a structured to-do list can help you remember and manage your daily tasks during this difficult time. **Under each heading, write out what you'd like to achieve for the day.** Remember to focus on what feels most helpful for you, this planner is meant to be flexible and tailored to your specific needs, some headers will not always be relevant.

Date:

1. Daily self-care:

Prioritise self-care activities such as getting enough sleep, eating nourishing meals, and staying hydrated. Ensure you are taking care of your basic physical needs.

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2. Emotional expression:

Set aside time to express your emotions. You can write in a journal, talk to a trusted friend or family member, or consider joining a support group to share your feelings.

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3. Breath and mindfulness:

Practise deep breathing exercises or mindfulness techniques to help manage stress and anxiety.

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4. Attend to practical matters:

Address any immediate practical concerns such as funeral arrangements, legal matters etc.

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5. Connect with support system:

Reach out to friends, family, or a counsellor for emotional support. Don't hesitate to ask for help or company when you need it.

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6. Daily tasks:

Make a short list of essential daily tasks, like doing the dishes, getting groceries, or paying bills. Break them down into manageable steps.

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Grief to do list (cont.)

7. Rest and relaxation:

Give yourself permission to rest and relax. Take short breaks during the day, meditate, or simply find a quiet place to breathe and reflect.

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8. Acceptance and patience:

Practice self-compassion and remind yourself that it's okay to grieve at your own pace. Be patient with yourself during this process.

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9. Movement and exercise:

Engage in physical activity like taking a short walk or doing gentle stretches to help alleviate physical tension.

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10. Remembrance:

Consider creating a personal ritual or space in your home where you can reflect on your loved one, light a candle, or place a memento that holds meaning for you. Carry out tasks to honour the deceased's memory.

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11. Set small goals:

Set achievable goals for the day or week. These can be as simple as making your bed or going for a brief outing.

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12. Seek professional help:

If needed, schedule an appointment with a counsellor or therapist to help you navigate your feelings and grief. Engage in strategies or interventions that have been recommended to you.

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13. Limit stressors:

Try to avoid unnecessary stressors and responsibilities during this time. It's okay to say no to commitments that feel overwhelming. Do you have any arrangements that would benefit from being cancelled?

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14. Reflect and express gratitude:

Take time to reflect on anything you are grateful for. Take time to express your gratitude.

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