Looking after yourself while grieving

A checklist for looking after your body, your routine and your contact with people.

Name _____ Date _____

Grieving uses a great deal of energy. You do not need to do all of these. Tick what you are managing, and circle one or two to give more attention to.

Body

- [ ] Eating something at regular times
- [ ] Drinking water
- [ ] Getting some rest, even if sleep is poor
- [ ] A little movement or fresh air each day
- [ ] Keeping alcohol low
- [ ] Seeing my GP if I am run down

Routine

- [ ] Getting up and dressed
- [ ] One small task each day
- [ ] Some structure to the week
- [ ] Putting off big decisions where I can

People

- [ ] Letting someone know how I am really doing
- [ ] Accepting offers of help
- [ ] Saying no to things I cannot face
- [ ] Time with people who do not need me to be OK

Feelings

- [ ] Letting myself cry when it comes
- [ ] Letting myself laugh when it comes
- [ ] Taking breaks from grief without guilt
- [ ] Being as kind to myself as I would be to someone else

One thing I will do for myself each day this week

What helps most at the moment

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