



Have you ever felt that thinking about both your grief and the future is overwhelming? Sometimes it can be helpful to break things down into more manageable pieces.

There can be so many moving parts, so we invite you to take some time to tease things out and make them feel a bit more attainable or manageable for your life. We'll start with some ideas and then you can add your own ways of breaking it down.

WHAT CAN I DO FOR MYSELF IN THE NEXT MONTH?

WHAT AM I LOOKING FORWARD TO DOING WHEN THE WEATHER CHANGES?

WHAT IS A LONG-TERM GOAL I CAN SLOWLY WORK TOWARDS?