



# WEEKLY GRIEF SELF-CARE CHECKLIST

	M	T	W	R	F	S	S
Drink at least 8 glasses of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....							
Eat healthy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....							
Move around (in or outside)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....							
Connect with a friend or family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....							
Allow time for rest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....							



There can be so many different ways we cope when waves of grief hit. This self-care checklist is just a small reminder that it can be okay to just slow down for a bit and focus on the simple, yet important aspects of being human. We need fuel for our bodies, connection for our hearts, and rest for our souls.

We hope this will act as a friendly reminder to look underneath our initial reactions to feeling a wave of grief. Instead of always keeping busy or avoiding our feelings, we can gently care for ourselves as we would a friend or loved one. Allow yourself time to feel, time to heal, and time to be human.

We always encourage individuals to customize these practices to make sense in their lives. We just ask that this list is not changed in a dramatic way that it becomes a daunting to do list. Please think simply and compassionately if making changes.