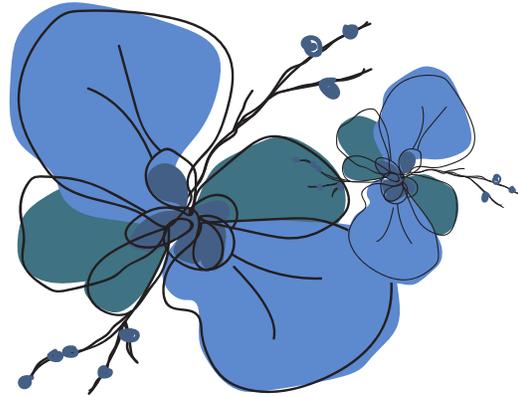


# Spring Cleaning **FOR GRIEF**

Grief can make us feel as though we don't have as much control as we used to. So it can be nice to take back some healthy control in different areas of life. Cleaning is a very common outlet to help us feel as though things are "back in order" and that we aren't carrying around more than we need to. While you may not be ready to clean out things from your person who died, try using these other cleaning outlets to help get that feeling.

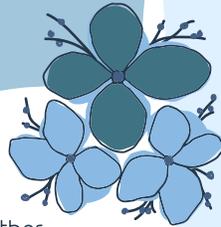
## Physical cleaning

Cleaning spaces in or around your home may mean throwing things out, giving things away, just tidying up, or even rearranging. Think outside the normal scope of "cleaning" to find other spaces that may feel good to get "under control". This might be a garage, garden/yard, little house projects, a specific room that has been bothering you, or any space that may feel cluttered to you in this phase of life.



## One step at a time -

A bit of change can feel good, and other times it's too much. Take it a bit at a time and find out what feels right. Create a list like this for yourself as a way to brainstorm some things that will feel good for you.



## Mental Cleaning

The idea of a good mental cleaning might sound a bit funny, but think of it as a way to reset your brain space, clear out some mental cobwebs, and increase the overall health of your mind as you work on adding good practices, decreasing unhealthy habits, and finding ways to organize your brain.



## Ideas for spring cleaning

Here are some things to get your brainstorming started:

- Organize that one kitchen drawer that seems to collect all of the odds and ends.
- Go through your fridge, freezer, and pantry to see what foods are expired.
- Slowly add a new habit to your routine that brings you some joy or calm.
- Try re-working a space you use quite often in your home. Sit with it for a while to see if you like the change.
- Work on letting go of a thought or feeling that seems overwhelming. Having that extra brain and emotional space will feel freeing.

*What will you do?*