THE FIRST FEW WEEKS *After a Loss*

YOUR MIND IS FULL OF SHIFT
www.YourMindIsFullOfShift.com

There's no right way to do this part. These are small, doable things that help when everything feels like too much.

1 WHAT YOU MIGHT NOTICE
All of this is part of grief

- Brain fog, forgetting things, losing your keys three times a day
- Feeling exhausted, or not being able to sleep
- Waves of feeling that hit out of nowhere
- Feeling numb, or like it isn't real yet
- Anger, guilt, relief, or all of it at once
- Aches, a tight chest, or a stomach in knots

2 THE BASICS STILL COUNT
Small care is still care

- [ ] Eat something, even if it's toast
- [ ] Drink a glass of water
- [ ] Step outside for five minutes
- [ ] Rest when you can, even if you can't sleep
- [ ] Take your own medications

3 LET PEOPLE HELP
Give them a real job

When someone says "let me know if you need anything," hand them one of these:

- [ ] Bring a meal or groceries
- [ ] Drive someone or pick up the kids
- [ ] Make phone calls for you
- [ ] Feed the pets or mow the yard
- [ ] Sit with you so you're not alone

4 WHEN A WAVE HITS
Let it move through you

- Put your feet flat on the floor
- Breathe out longer than you breathe in
- Say it plainly: "This is grief"
- Hold something that reminds you of them
- Let the tears come if they want to

5 BIG DECISIONS CAN WAIT
You can decide later

- Hold off on moving, selling, or giving things away when you can
- "I'll decide later" is a full answer
- Ask someone you trust to help with paperwork

6 KIDS IN THE HOUSE
They grieve too

- Use simple, honest words they can understand
- Keep routines as normal as you can
- Let them ask the same question more than once
- It's okay for them to see you sad

TODAY, I NEED...

PEOPLE I CAN REACH OUT TO

Your hospice bereavement team is there for you too. If you're in crisis, call or text 988.

Want more support? **Grief and Loss** at YourMindIsFullOfShift.com

Educational tool, not therapy or medical advice. In crisis, call or text **988**.
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