

7-DAY GRIEF SUPPORT AND AWARENESS CHECKLIST

Grief comes in many forms—loss of a loved one, a relationship, a job, or even a part of yourself. This 7-day checklist is designed to guide you through awareness, care, and small healing steps.

DAY 1: ACKNOWLEDGE YOUR GRIEF

Action: Take a few minutes to sit quietly and name what you are feeling.

Solution: Write it down in a journal—naming your emotions reduces overwhelm and gives clarity.

DAY 2: CREATE A SAFE SPACE

Action: Designate a corner of your home or a spot outdoors as your “grief sanctuary.”

Solution: Include comforting items—candles, photos, a blanket—anything that nurtures your soul.

DAY 3: EXPRESS YOUR EMOTIONS

Action: Find a safe way to release feelings—cry, talk, or create art.

Solution: Even a short letter to yourself or to the person/situation you lost can be profoundly healing.

DAY 4: PHYSICAL CARE

Action: Pay attention to your body today.

Solution: Gentle movement like stretching, yoga, or a walk helps release stored tension and supports emotional balance.

DAY 5: REACH OUT

Action: Connect with someone you trust—support group, friend, family or contact us

Solution: Simply sharing your experience can lighten emotional load and remind you that you are not alone.

DAY 6: PRACTICE SELF-COMPASSION

Action: Speak kindly to yourself and acknowledge your efforts.

Solution: Repeat affirmations like, “It’s okay to feel this way. I am allowed to heal at my own pace.”

DAY 7: REFLECTION & INTENTION

Action: Reflect on your week and notice any shifts in your feelings or perspective.

Solution: Set a gentle intention for the coming week—this could be a small step toward self-care or a mindful ritual.

Gentle Reminder:

Grief is not linear. Be patient with yourself. Healing often comes in small, consistent steps. If you find yourself needing guidance, support, or a safe space to process, consider reaching out to us or another compassionate professional who can walk alongside you.

