What I Need This Week

A gentle place to notice what might make the coming days a little easier.

You don't have to figure everything out right now. This page is simply a place to pause and think about what might help you through this week. You can fill in as much or as little as you wish.

One thing that needs my attention this week:

Something I can let wait:

One way I can care for myself:

Something that might bring me comfort:

One thing I could ask someone to help me with:

You don't have to do everything this week. One small thing is enough.

People I Can Call

A gentle reminder that you don't have to carry everything alone.

After the funeral, support can become quieter, but that doesn't mean you have to manage everything on your own. Sometimes it helps to have a few names written down for the moments when reaching out feels difficult.

Someone I can call when I need to talk:

Name: _____

Phone: _____

Someone I can ask for practical help:

Name: _____

Phone: _____

Someone who can simply sit with me:

Name: _____

Phone: _____

Someone I can reach out to when I need a little distraction or company:

Name: _____

Phone: _____

A professional or support resource I can contact if I need additional help:

Name/Resource: _____

Phone/Website: _____

You don't need to have all the answers before reaching out. Sometimes a simple "Can we talk?" is enough.



Seven-Day Gentle-Care Plan

A little care, one day at a time.

Grief can make even ordinary days feel overwhelming. This gentle plan offers small ways to care for yourself during the week ahead. There is no right way to complete it. Choose what feels helpful, skip what doesn't, and begin again whenever you need to.

Day 1 — Rest
One way I can make room for rest:

Day 2 — Nourishment
One small way I can nourish myself:

Day 3 — Connection
Someone I might connect with:

Day 4 — Gentle Movement
One way I might move my body:

Day 5 — Comfort
Something comforting I can do:

Day 6 — Remembering
A memory or tradition I might honor:

Day 7 — Kindness Toward Myself
One way I can be gentle with myself:

These seven days are not a deadline. You can return to any of these small acts of care whenever you need them.

