**A PAUSE, A PRACTICE, A NEXT STEP**

# Death of a Loved One

You can miss someone and still care for yourself.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Make today smaller**

Choose one basic need: a simple meal, clean clothes, or help with an errand. Other tasks can wait.

## 01 / Notice and reflect

What do I miss today?

## 02 / Notice and reflect

What would make the next hour gentler?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk with a grief-informed professional when daily life is hard. If you cannot stay safe, open Crisis Support for immediate human help.

Read more: NIA · Coping with grief and loss

More tools and immediate support: Our Healing Room / Crisis Support.