A PAUSE, A PRACTICE, A NEXT STEP

Hope After Loss

Hope can begin with a very small moment.

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.

Choose a tiny act

Open a curtain, drink water, or step outside if comfortable. Choose something that feels possible today.

01 / Notice and reflect

What memory feels safe to hold?

02 / Notice and reflect

What small thing helped today?

03 / One next step

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

When to seek help: If life feels unbearable or you cannot stay safe, use Crisis Support. For ongoing difficulties, ask a grief-informed professional for help.

Read more: NIA · Coping with grief and loss

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