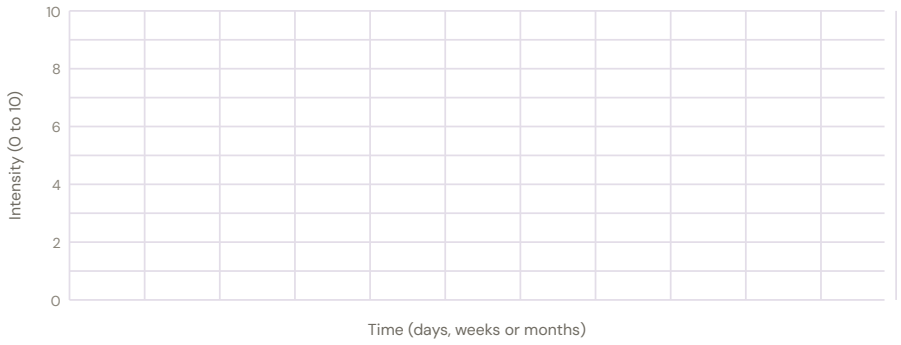
Grief waves

Grief tends to come and go in waves. Track yours to see the pattern

Example shape (not a rule). Everyone grieves differently, and waves rarely follow a straight line downward.



My waves



Date	What set it off (or nothing at all)	Intensity (0 to 10)	How long it lasted	What helped

What I notice about my waves

A plan for hard days

Prepare ahead for the days that weigh the most

The day or event: _____ Date: _____

What I expect this day to bring

What I most need from it (quiet, company, ritual, distraction)

1. **Plan the shape of the day**
   Decide what to keep, change or skip. It is fine to do things differently this year.
2. **Line up support**
   Tell one or two people what you need. Plan a check in call or text.
3. **Make room for remembrance**
   Choose one small way to honor them, such as a candle, a story or a favorite song.
4. **Protect your energy**
   Plan rest, food and an easy exit. Leave extra time before and after.
5. **Have a gentle plan B**
   If the day gets too heavy, know where you will go and who you will contact.

Time	What I plan

People I will contact

What I will do if it gets too heavy

Afterward: what helped, and what I would change next time

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