

GRIEF, UNLOCKED.



Dear you,

Sorry for your loss. Grief can feel raw and unfair. On top of that, the decision fatigue is real.

This Support Guide was created to help navigate some of the questions that come up in the early days and beyond. You can fill out as much or as little as feels right. Take a photo and share it with one person or many.

You may want to add your name and the date. Your needs can shift quickly. That is normal. You are allowed to change your mind.

xoxo,

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A few different optional messages to go along with the sheet to make it easier to send:

- Someone shared this with me, and it feels like the easiest way to explain what I need.
- I filled this out to make it easier to know how to support me right now. Thank you for reading it.
- I don't always have the energy to explain what I need. This helps. Thank you for taking the time to look at it.
- I put this together. It outlines what I feel right now, which may change.
- I'm sharing this with you, would you mind sending it everyone? It's hard for me to manage conversations right now.
- This felt easier than explaining everything. Thank you for your reaching out, really appreciate it.
- Please don't read this as demands. It's simply where I'm at at the moment.

HOW TO SUPPORT RIGHT NOW

a guide that can be shared when there is loss for words

IMMEDIATE SUPPORT

- | | | | |
|---------------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Meals dropped off | <input type="checkbox"/> Help sorting belongings | <i>If you want to help, please:</i> | |
| <input type="checkbox"/> Grocery run | <input type="checkbox"/> Memorial planning | | <input type="checkbox"/> Reach out directly |
| <input type="checkbox"/> Sitting with me | <input type="checkbox"/> Dog walking | | <input type="checkbox"/> Coordinate through _____ |
| <input type="checkbox"/> School pickups | <input type="checkbox"/> None right now | | <input type="checkbox"/> Text only |
| <input type="checkbox"/> Child care | <input type="checkbox"/> I don't know | | <input type="checkbox"/> Call |
| <input type="checkbox"/> Help with admin tasks (insurance, taxes, estate) | <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Just show up |
| | | <input type="checkbox"/> Wait for me to reach out | |

COMMUNICATION

Do you want to talk about what happened? Is it okay to bring up their name/share memories?

- | | |
|----------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> Yes, please do |
| <input type="checkbox"/> Sometimes | <input type="checkbox"/> Only if I do first |
| <input type="checkbox"/> Not right now | <input type="checkbox"/> Not right now |
| <input type="checkbox"/> I don't know | <input type="checkbox"/> I don't know |

Do you want hugs or physical comfort?

- Yes
- Ask first
- No
- I don't know

Do you need help help coordinating or informing others?

- Yes, please
- No
- Maybe later
- I don't know

Do you want others to reach other family members individually?

- Yes No Only these people: _____

Things about the person I lost that feel tender or complicated:

The hardest part for me right now:

What brings comfort right now (music, routines, prayer, silence, stories, distraction):

Memorial plans (if known):