



Daily Grief & Self-Care Check-In

A daily worksheet for noticing what you need –
one moment at a time

Gentle reminder

There is no right way to grieve. There is no perfect checklist. Use what helps and leave what doesn't.

MORNING

Start by identifying your basic needs for the day:

Rest	Someone to talk to	Time alone
A distraction	Time Outside	A good cry
Something comforting	Some help	Remember my loved one

Energy – Low Medium High

One small goal for today:

DURING THE DAY

Notice what is present without judging yourself. Small acts of care count. Grief does not follow a schedule. Whatever comes is okay—give yourself permission to feel it and let it come and go.

Drink water	Eat something nourishing	Take a shower / care for myself
Go for a walk or move	Take a nap or relax	Allow myself to feel
Journal or write	Communicate what I need	Reach out to someone I trust
Share memories	Use a calming scent	Do some breathing exercises
Do a quiet activity	Take note of how I feel	Meditate or spend quiet moments alone

How much support do I need right now?

One small act of care I can choose next:

EVENING REFLECTION

Look back with compassion. There is no need to measure the day as good or bad.

What helped, even a little?

What felt hard today?

Today I am grateful for:

Tomorrow I will try to:

PERMISSION TO BE GENTLE WITH YOURSELF

- ☐ I don't have to be ok today.
- ☐ I don't have to explain my grief.
- ☐ I can say no.
- ☐ I can ask for help.
- ☐ Rest is productive.
- ☐ Grief does not have a timetable.
- ☐ I can take today one moment at a time.

Grief Connections • Daily self-care and grief-support resource

This worksheet is intended for general self-care and supportive reflection. It is not therapy, medical care, or a substitute for professional mental-health support.