

A Plan for Grief Waves

Grief and life transitions | Adults | 10 to 15 minutes

Prepare flexible choices for moments when grief becomes especially intense.

Grief may be quieter at one moment and strong at another. A reminder can arrive unexpectedly. This plan is about giving yourself options when feelings rise; it does not ask you to stop grieving or make your feelings follow a schedule.

Notice your own signals

Choose a recent manageable example. Notice the reminder, what happened in your body or thoughts, and what you needed. Possible responses include company, privacy, an ordinary task, a brief pause, or practical help. Different moments may call for different responses.

Offer two choices

Prepare one option for when you want connection and another for when you want space. A brief phrase can help: I am having a hard grief moment; could you sit with me? Decide how you will rejoin your day when ready, without requiring the feeling to disappear first.

A reminder or early signal I sometimes notice is

When I want connection, I can ask or do

When I want space, I can safely

A gentle way to return to the next part of my day is