

Sharing the Practical Load

Grief and life transitions | Adults | 10 to 15 minutes

Identify a practical burden after loss or transition and ask for a specific form of help.

Life tasks can keep arriving while your attention and energy are stretched. This page focuses on one practical burden. Asking for help does not require you to explain all your feelings or prove that you are struggling enough.

Sort what needs attention

List a few current tasks, then mark one as urgent, one as able to wait, and one as able to be shared. Use actual deadlines when you know them. If a task involves legal, financial, or medical decisions, identify the qualified person who can answer your questions.

Turn help into a clear request

Choose a task someone can understand and complete. For example: Could you sit with me while I sort these letters for twenty minutes? Tell the person what decisions remain yours. A specific offer can be easier to accept than a broad instruction to ask if you need anything.

One urgent task, one task that can wait, and one I could share are

The person or service I could ask and the exact request are

A choice or boundary I want to keep control of is

My next small action and when I will take it are