

Grief and Everyday Care | Understand

Room for More Than One Grief Response

Adults | 5 to 8 minutes | Handout

Introduce a flexible, person-led way to think about grief and daily needs.

Loss can affect what a day feels like, what requires effort, and what kind of company you want. You may notice sorrow, anger, numbness, relief, or feelings that do not fit a simple label. You do not have to choose one correct response.

How to use this page

Read only what feels useful today. You may focus on an ordinary need rather than the details of the loss. Put this page aside if another kind of support would fit better.

A day is not a verdict

A difficult morning does not prove you are going backward. A moment of enjoyment does not measure how much the person, relationship, or life change matters. You can allow different parts of the day to feel different without explaining them to everyone.

Care can be practical

You might need help with a meal, a form, a ride, or deciding which invitation to decline. You may want company without conversation. Choose support according to the need in front of you rather than someone else's idea of what grieving should look like.

PK04-01 | continued

More support is an option

You do not have to wait until things become unbearable to ask for help. If grief or distress is making daily life hard to manage, a health professional or grief-informed counselor can discuss support with you. These pages can begin a conversation but cannot assess your needs.

1. One kind of care I would welcome today**Facilitator notes and adaptation**

Leave room for death, relationship, identity, health, and other losses while acknowledging their differences. Avoid using normalizing language to overlook severe distress, safety concerns, or unmet practical needs.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA06 | National Institutes of Health, News in Health | Navigating Grief

<https://newsinhealth.nih.gov/2026/07/navigating-grief>

PA07 | National Institutes of Health Clinical Center | Kind Ways to Support Someone Who Is Grieving

PK04-01 | continued

<https://www.cc.nih.gov/bereavement/support>