

Grief and Everyday Care | Practice

A Small Care or Remembrance Choice

Adults | 5 to 8 minutes | Worksheet

Plan one optional act of daily care or remembrance with a stopping point.

You may want to remember, attend to an ordinary need, or do neither today. Choose a small action that fits your energy and beliefs. It does not need to symbolize healing or prove your connection to what was lost.

How to use this page

Pick one option for the next few days. The time shown is for making this plan. You choose whether and how long to carry out the activity, and you can change your mind.

Choose the kind of action

For care, you might arrange a simple meal, ask for a ride, or clear one necessary task. For remembrance, you might look at one photograph, write a sentence, listen to a chosen song, or use a personally meaningful ritual. No purchase or public sharing is needed.

Build in choice and support

Decide where you want to be, whether you want company, and how you will stop. Keep an ordinary next activity available. You can close the photograph, leave the ritual unfinished, or choose practical care instead.

PK04-05 | continued

Notice what fits

Afterward, note whether the action felt welcome, too much, neutral, or unavailable. No emotional result is required. If it did not happen, you can bring back what made it difficult or decide that a different kind of support matters more.

1. My optional care or remembrance choice**2. My stopping point and the support or space I want****3. What I noticed, or why I chose not to do it**

PK04-05 | continued**Facilitator notes and adaptation**

Never prescribe remembrance when a relationship was harmful or when the person prefers practical care. Adapt to faith, culture, disability, and financial access without stereotyping.

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

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