

THE PRACTICE PACKS / PK04

Grief and Everyday Care

Make space for loss and the next ordinary need.

Seven resources offer gentle choices for grief, practical support, and remembrance. A fictional example and optional care experiment allow mixed feelings, privacy, and changing needs without a timetable for recovery.

Adults | 7 original resources

A sequence you can adapt

Explore an explanation or fictional example. Choose an activity, rehearse, try an optional practice, and review what helped. Use the facilitator guide to adapt the sequence; every page is optional.

Choose with care

Ask what kind of loss the person wants to address and which language fits. Do not impose stages, meaning-making, forgiveness, spiritual beliefs, disclosure, or remembrance; practical support alone can be a valid focus.

Large print fillable edition

Type into response areas and save a separate copy in a PDF reader that supports forms.

Inside this pack

1. Room for More Than One Grief Response

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

2. Sam Chooses a Smaller Gathering

See a fictional grieving adult choose company, boundaries, and practical help.

3. What I Carry and What I Need Today

Identify one present grief-related burden and a practical or relational need.

4. Tell Someone How to Be There

Practice asking for a specific kind of grief support or setting a limit.

5. A Small Care or Remembrance Choice

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

6. What Kind of Support Fits Now?

Review changing grief needs and decide what support to keep or revise.

7. Facilitating Grief Work with Choice

Offer grief resources without imposing a timetable, narrative, or preferred emotion.

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>

Grief and Everyday Care | Example

Sam Chooses a Smaller Gathering

Adults | 5 to 8 minutes | Handout

See a fictional grieving adult choose company, boundaries, and practical help.

This is a fictional story. Sam's aunt died several months ago. A family gathering is approaching. Sam wants to see cousins but feels worn out by questions about grief and by the expectation to stay all afternoon.

How to use this page

Read the example as one possible set of choices. You may prefer a different response. There is no requirement to attend a gathering, remember in public, or discuss a loss.

Naming the mixed needs

Sam writes, "I want company and an easy way to leave." Sam also wants a quiet evening afterward. These needs are not treated as contradictory. Sam decides not to host or bring a complicated dish this time.

Making a specific request

Sam messages a cousin: "Could I sit with you for a while? I may leave after an hour, and I do not want to talk about the death today." The cousin agrees to check in privately and not announce the plan to everyone.

PK04-02 | continued

Reviewing without a score

Sam attends briefly, laughs at a story, and later cries in the car. Sam decides the short visit was useful and that next time a ride home would help. The tears do not cancel the moment of connection. Another day, Sam might decline entirely and ask for a meal delivery instead.

1. Which part of Sam's plan protects a choice?**Facilitator notes and adaptation**

Do not present the story as a preferred grief trajectory. The person may have a painful, conflicted, or unsafe family context. Invite options outside family participation.

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PK04-02 | continued

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

Grief and Everyday Care | Explore

What I Carry and What I Need Today

Adults | 8 to 10 minutes | Worksheet

Identify one present grief-related burden and a practical or relational need.

You can acknowledge a loss without describing the full story. This page makes room for what is difficult today and for one kind of support. It does not ask you to find a lesson or a positive meaning.

How to use this page

Use a word, drawing, short note, or conversation. Name the loss only if you want to. Choose a manageable part; you can stop or return another day.

Notice the present burden

What is taking the most effort today: a reminder, a task, a changed role, loneliness, other people's expectations, or something else? You do not need to explain why it is hard. Different burdens may be important on different days.

Identify the need beneath it

Would information, rest, food, company, privacy, practical assistance, or a professional conversation help? A need is worth naming even when there is no easy way to meet it. Be honest about access, cost, time, and the people available.

PK04-03 | continued

Choose what is possible now

Name one step small enough for today, or choose to postpone a decision. You might ask someone to sit quietly, reduce an obligation, or write a question for an appointment. If the first support is unavailable, consider a second option without turning the search into another large task.

1. What feels heavy or different today?**2. The care, information, or space I need****3. One possible step, a support person, or permission to postpone**

PK04-03 | continued**Facilitator notes and adaptation**

Offer grounding in the room or a break if reflection becomes overwhelming, without requiring body-focused exercises. Address access and material needs directly; do not make insight a prerequisite for assistance.

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Grief and Everyday Care | Rehearse

Tell Someone How to Be There

Adults | 8 to 10 minutes | Session guide

Practice asking for a specific kind of grief support or setting a limit.

People may want to help without knowing what you need. You can give a small direction without explaining or defending your grief. You can also decide that a particular person is not someone you want to involve.

How to use this page

Choose a trusted person and one manageable request or limit. Draft it privately or rehearse with someone supportive. Sending it is optional.

Name the kind of support

Try a specific request: "Could you bring a meal on Tuesday?" "Would you sit with me without giving advice?" or "Can we talk about something ordinary today?" State the part that matters most, such as timing, quiet, or not needing to host.

Protect a boundary

You might say, "I appreciate your concern, but I am not discussing those details," or "Please ask before sharing my news." You do not need to offer a replacement topic. Consider whether a written message or another person's help would make the boundary easier.

PK04-04 | continued

Plan for an imperfect response

The person may misunderstand or be unavailable. Practice one clarification and one alternative source of support. You can end a conversation that is unhelpful. A disappointing response does not mean the need was unreasonable or that you must manage alone.

1. My request or limit, and an alternative if this person cannot help**Facilitator notes and adaptation**

Consider relational safety and power before rehearsing direct requests. Avoid recommending contact with estranged or harmful people merely because they are family. No reconciliation is required.

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PK04-04 | continued

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

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.

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Grief and Everyday Care | Review

What Kind of Support Fits Now?

Adults | 5 to 10 minutes | Worksheet

Review changing grief needs and decide what support to keep or revise.

Grief needs can change without following a schedule. A helpful action last week may feel wrong today. This review is about fit and support, not how far along you should be.

How to use this page

Think about a recent support, activity, or plan that did not happen. You can use a few words and leave the rest blank. There is no score to calculate.

Notice the effect and the cost

Did the action offer company, ease a task, protect privacy, or create more pressure? Consider effort as well as any relief. It is possible to value something and still decide it is too demanding right now.

If nothing happened

Was the plan too large, the person unavailable, the need different, or the timing wrong? You may simply have chosen not to do it. That information can guide a different plan without becoming a judgment about your commitment.

PK04-06 | continued

Choose the next support

Keep one useful part, ask for a change, stop an activity, or arrange another conversation. If distress or difficulty managing daily life continues, consider additional professional support. You can seek help alongside friends, community, or spiritual care rather than having to choose only one source.

1. What helped, added pressure, or did not happen?**2. What I need more or less of now****3. One support to keep, change, stop, or seek**

PK04-06 | continued**Facilitator notes and adaptation**

Do not infer recovery or deterioration from a single response. Consider functioning, safety, culture, and the wider context through appropriate professional assessment when indicated.

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Grief and Everyday Care | Facilitate

Facilitating Grief Work with Choice

Professionals | 10 to 15 minutes | Session guide

Offer grief resources without imposing a timetable, narrative, or preferred emotion.

Begin by asking what the person wants from this encounter. They may need practical help, silence, information, companionship, or space to describe a loss. The pack is an optional structure rather than a required sequence.

How to use this page

Preview the language with the person. Check which terms, names, and topics they want used. Agree on a pause signal and offer a practical-care page when remembrance or reflection is unwelcome.

Understand the context

Ask about the meaning of the loss, current demands, available support, and relevant cultural or spiritual practices without assuming shared beliefs. Allow mixed feelings and complicated relationships. Loss may involve discrimination, financial hardship, changes in identity, or reduced access to care that require more than emotional reflection.

PK04-07 | continued

Avoid a performance of grief

Do not set goals such as finishing stages, finding a benefit, crying, forgiving, or sharing publicly. In a group, offer fictional examples and passing. Explain confidentiality limits and discourage unsolicited advice. A person can choose privacy while still participating meaningfully.

Review support and further needs

End with a small agreed next step or a decision to pause. Check whether the person has the support needed after the conversation. Use appropriate assessment and referral when distress, impairment, or safety concerns warrant it; these pages do not distinguish diagnoses or provide crisis care. Review practical barriers alongside emotional needs.

1. The person's stated preference, my adaptation, and any agreed follow-up

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Facilitator notes and adaptation

Independent clinical review is pending. These original activities are educational supports, not a grief treatment manual or diagnostic tool. Follow professional scope and local procedures for safety concerns.

PK04-07 | continued**About this resource**

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