



FREE PRACTICAL TOOL

A Grief and Hard-Day Companion

For the days when getting through the day is the whole assignment.

Start here

- 1 Lower the bar. Choose the gentlest version of today.
- 2 Name one person, place, memory, or ritual that can hold you for a moment.
- 3 Let feelings move without needing to explain or fix them.
- 4 Choose one tiny act of care before the day ends.

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