



FREE ONE-PAGE TOOL 18 | GRIEF AND CHANGE

A Plan for Meaningful Dates

Birthdays, anniversaries, and holidays can carry complicated feelings. You can plan for gentleness.

1 Notice the date

Name what it brings up without judging your reaction.

2 Choose company or quiet

Decide whom you want nearby, if anyone.

3 Give yourself an exit

Make a way to leave or change plans if the day feels too heavy.

A phrase you can borrow

"This date may be hard for me. Could you check in, without expecting me to explain?"

Make it yours

One comfort I want available that day:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: cdc.gov/emotional-well-being/conversations-matter/index.html