

# The First Days of Mourning

The first days after loss can feel overwhelming, confusing, and deeply painful. This guide is here to gently support you through those early moments, offering small, practical steps to help you care for yourself while your heart begins to process what has happened.

## Give Yourself Permission to Feel

- 1 There is no “right” way to grieve.
- 2 Your emotions may come in waves—let them.
- 3 Crying, silence, anger, confusion—all of it is valid.

## Take Care of Your Body

- 1 Drink water, even if you don’t feel thirsty.
- 2 Eat small, simple meals—even a few bites matter.
- 3 Rest as much as you can. Your body is processing a shock.

## Create a Gentle Environment

- 1 Keep your space calm, clean, and comforting.
- 2 Soft lighting, fresh air, and soothing scents can help.
- 3 Let your home feel like a safe place to land.

## Lean on Safe People

- 1 Talk to someone who feels safe and understanding.
- 2 You don’t have to explain everything—just being heard matters.
- 3 Distance yourself from people who make your grief harder.

## Handle Only What’s Necessary

- 1 Focus on the most important tasks first.
- 2 It’s okay to delay decisions that aren’t urgent.
- 3 Ask for help when things feel like too much.

## Prayer and Quiet Moments

- 1 Talk to God when you can't talk to anyone else.
- 2 God listens. God cares. He is never too busy for you.
- 3 Even a few quiet moments can bring a sense of peace.

## Protect Your Energy

- 1 You do not owe anyone access to your grief.
- 2 Set boundaries if needed.
- 3 Choose peace over pressure.

## Simple Comforts Matter

- 1 Wrap yourself in a blanket.
- 2 Listen to soft music or calming sounds.
- 3 Sit quietly, breathe, and just be.

You are not expected to have it all together right now. Take this one moment, one breath, one step at a time. There is no timeline for healing. Just stay gentle with yourself.