

Cleaning During Mourning — Gentle Checklist

Before You Begin:

- Take 3 slow breaths
- Play calming music
- Light a candle or open a window
- Whisper a prayer or grounding phrase
- Set a 5–10 minute timer
- Drink a little water

Start Small:

- Choose one small area (nightstand, corner, dresser top)
- Throw away 2–3 pieces of trash
- Fold one blanket or straighten one pillow
- Wipe one surface
- Put away 3 items
- Pause and breathe

Emotional Items:

- If something brings tears → place in a Memory Box
- If something triggers overwhelm → set aside for later
- Photograph an item before letting it go
- Pick only one sentimental item per session

Aftercare:

- Wash hands and face
- Sit for 1 minute with no tasks
- Drink water
- Thank yourself for showing up today
- Pray: “God, continue to strengthen me.”