



THE UGLY CRY CLUB · FREE GIFT

Hard-Day *Survival Kit*

For the days grief hits all at once. Keep this somewhere you can find it: the fridge, your nightstand, your phone. Use what helps. Skip the rest. You don't have to do any of this right.

When a wave hits, *ride it out*

- **Breathe slow.** In for 4, hold for 4, out for 6. Do it three times.
- **Feet on the floor.** Press them down and notice the ground holding you.
- **Find 5 things you can see,** 4 you can touch, 3 you can hear.
- **Hold something warm,** like a mug, a blanket or their sweatshirt.
- **Let the tears come.** Crying is not falling apart. It's love with nowhere to go.
- **Remind yourself:** waves rise and waves pass.

"This is a wave. I can let it move through me."

My hard-day *people*

Name & number

Name & number

Name & number

My signal text: **"Hard day. Can you check on me?"**

Tiny care *for hard days*

- ☐ Drink a glass of water
- ☐ Eat something small, even toast
- ☐ Step outside for five minutes
- ☐ Wash your face or take a shower
- ☐ Lie down for twenty minutes
- ☐ Play a song they loved

Permission *slips*

It's okay to cancel plans

It's okay to leave early

It's okay to say no

It's okay to laugh

It's okay to not be okay

It's okay to rest

Hard dates *ahead*

Date & what it is

My plan for that day

Who will be with me

When it's time for *more help*

- Grief has no timeline. But if you can't get through daily life for many months, can't eat or sleep, or feel like life has no meaning, please talk with your doctor or a grief counselor. You deserve support.

988

If you are in crisis or thinking about suicide, call or text 988 (U.S., 24/7). You can also text HOME to 741741. If you are in danger right now, call 911.

Sources: Stroebe & Schut, the Dual Process Model of grief; David Kessler (grief.com); The Dougy Center (dougy.org); American Psychiatric Association, Prolonged Grief Disorder, DSM-5-TR; 988 Suicide & Crisis Lifeline (988lifeline.org); Crisis Text Line (crisistextline.org). Shared for education, with no endorsement implied.

Niki Humpherys is a certified grief educator and coach, certified through David Kessler's Grief Educator Certification program. She is not a licensed therapist, counselor or medical provider. This kit is for education and support, not therapy, medical care or crisis services.

Real tears. Real love.

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I hope this helped a little today. When you're ready for more, here is what I make with love.

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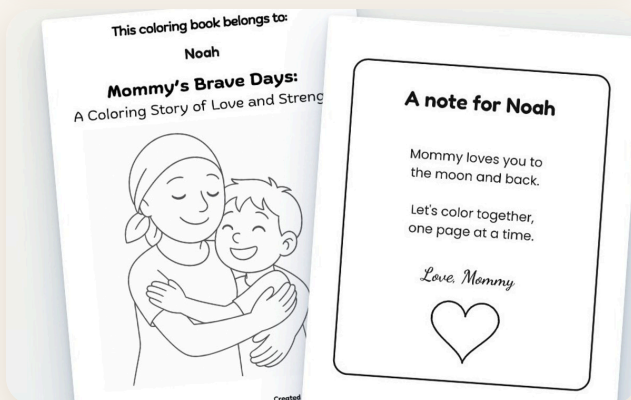
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Gentle grief workbooks

Written the way I wish someone had spoken to me: gently, honestly and without a timeline. For moms, dads, siblings, little ones and the holidays.

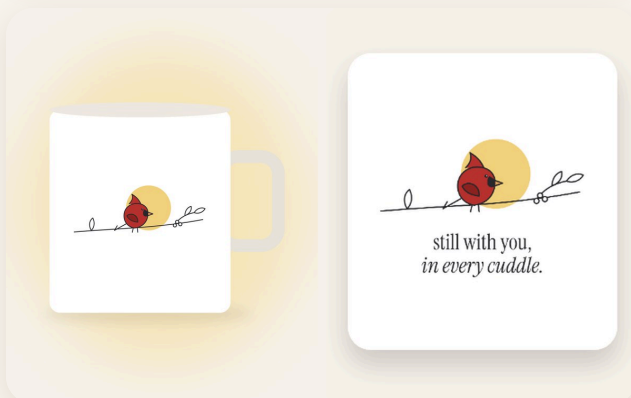
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Sympathy gifts

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