



A FREE GRIEF WORKBOOK

When it's all *too much*.

10 small things to carry you through heavy grief days

These pages belong to _____

Some days grief is so heavy you can't think past the next hour. This workbook won't fix that. Nothing can. It gives you ten small things you can actually do, one at a time, when everything feels like too much.



BEFORE YOU BEGIN

A note *from me*

Hi, I'm Niki. I'm a mom and a certified grief educator. I lead The Ugly Cry Club, a group for grief and loss. I lost my daughter, Harper, in October 2025.

In the first months there were days I couldn't do anything. Someone would say "take care of yourself" and I didn't know what that even meant. I needed something small. Something I could do from the couch, on a day when getting dressed felt like climbing a mountain.

That's what these pages are. Ten small things. Not a plan to get over anything. Just a way to get through today. Maybe you'll even feel a little less alone while you do.

The ten ideas began with a short, free talk by grief expert David Kessler. They stayed with me, so I put them in my own words and added pages to write on, the way I wish someone had handed them to me.

With love, Niki

How to use *this workbook*

- Try one small thing a day for ten days. Or pick the one you can manage today.
- Go in any order. Skip anything that feels like too much. The pages will wait for you.
- "Small" counts. Five minutes counts. Trying counts.
- Use the tracker on page 8 to see what helped.

Move, *then count*

1

Take a short walk

Grief can make your whole body feel stuck. Moving a little helps your heart move a little, too. It doesn't need to be far. The mailbox and back is a walk. Cry if you need to. Think about your person. Notice one thing: a tree, a sky, a dog on a leash.

Try: five minutes outside today, alone or with someone.

Where I walked and what I noticed

2

At bedtime, name three things you did

When you're grieving, a gratitude list can feel impossible. This is different. Don't look for what you're thankful for. Just name what you did. Got out of bed. Ate something. Answered one text. On the hardest days, that is a lot.

Try: three things, tonight, before you fall asleep.

1.

2.

3.

Look out, *love on*

3

Peek at the wider world for a little while

Grief can shrink your world down to one room. For a short time, let a little of the outside in. Read one news story. Sit in a coffee shop. Watch the neighborhood from the porch. The world kept going. Slowly you will find your place in it again. Thirty minutes is plenty. Less is okay.

Try: one window on the world today, as long as you can handle.

What I let in today

4

Send your love to them

Your love didn't stop when you lost them. It still needs somewhere to go. When you feel helpless, love is something you can still do. Say it out loud in the car. Whisper it at night. When your mind goes back to the hardest moments, gently turn the thought into love: I'm sending you love. I love you still.

Try: tell them you love them, morning and night.

What I want to tell them today

Rest, *then reach*

5

Give your mind a break

You can't hold the full weight of grief every minute of every day. Your mind needs rest. Watching the same comfort show for the tenth time is okay. A puzzle, a crossword, a ballgame or a few hours buried in work is okay. A break isn't forgetting them. You'll know when it's too much.

Try: one guilt-free break today.

My go-to breaks

6

Tell someone about your loss

Grief needs a witness. Think of the one or two people who can hold the heavy stuff without trying to fix it. Call them. You can even say it first: "I need to talk about them. I don't need advice. I just need you to listen."

Try: one honest conversation this week.

People I can call

What I want them to hear

Notice, *then nurture*

7

Notice what is still here

A loss can make it feel like everything ended. Look for one thing it didn't take. The coffee still tastes the same. The dog still waits at the door. The sun still came up. And your love for your person is still here, too.

Try: name one thing that kept going.

Still here in my life

8

Do one kind thing for you

So many of us take care of everyone else first. You have been through so much. Be the one who takes care of you today. Fresh sheets. A long shower. Your favorite takeout with no guilt. A nap. A pedicure. Something you might not usually let yourself have.

Try: one kind thing today, just for you.

My kind thing

Remember you, *reach out*

9

Write down three wishes of your own

Grief can make you forget there was ever a "you" with hopes of your own. Write down three things you always wanted to do. Something you planned to do with them. Something from long before. A place to see, a class to take, a book to read. You don't have to do them yet. Just remember they're yours.

1.

2.

3.

-
-

10

Do one small kindness for someone else

Grief turns us inward. For a while that is what we need. When you're ready, sending a little care outward can help you feel connected again. Hold a door. Text someone else who is hurting: "Thinking of you today." Drop a dollar in a jar. If your loss is very new, this one can wait. There is no rush.

Try: one small kindness, when you're ready.

My small kindness

TEN DAYS

My *tracker*

Check off what you tried. Circle how the day felt. Over time you may see which small things help you most.

DAY	THE SMALL THING I TRIED	HOW THE DAY FELT	DID IT HELP?
1		heavy · okay · lighter	yes · a little · no
2		heavy · okay · lighter	yes · a little · no
3		heavy · okay · lighter	yes · a little · no
4		heavy · okay · lighter	yes · a little · no
5		heavy · okay · lighter	yes · a little · no
6		heavy · okay · lighter	yes · a little · no
7		heavy · okay · lighter	yes · a little · no
8		heavy · okay · lighter	yes · a little · no
9		heavy · okay · lighter	yes · a little · no
10		heavy · okay · lighter	yes · a little · no

What helped *the most*

FOR THE HEAVIEST DAYS

My heavy-day *plan*

Fill this in on a calmer day, so it's ready when you need it. Keep it on the fridge or take a photo of it.

When it's too much, *I can*

- | | |
|--|--|
| ☐ Walk to the mailbox | ☐ Take a shower |
| ☐ Step outside for air | ☐ Eat something small |
| ☐ Text my person | ☐ Lie down for 20 minutes |
| ☐ Say their name out loud | ☐ _____ |
| ☐ Watch my comfort show | ☐ _____ |

People *I can call*

Name & number _____

Name & number _____

Name & number _____

Words I need *to hear*

When to reach for more help. If grief keeps you from getting through daily life for many months, if you can't eat or sleep, or if you have thoughts of not wanting to be here, please talk to a doctor or a grief counselor. **If you are in crisis, call or text 988 (U.S.) or your local emergency number.**

You don't have to do this right. You only have to get through today.

With credit: The ten small things are inspired by David Kessler's free video *Ten Things You Can Do When You're Overwhelmed with Grief* (davidkesslertraining.com, grief.com), retold here in my own words with my own examples and pages. Learn more about his work and his Tender Hearts support groups at grief.com. No endorsement or partnership is implied. Niki Humpherys is a certified grief educator and coach, not a licensed therapist. This workbook is for reflection and support, not professional care.



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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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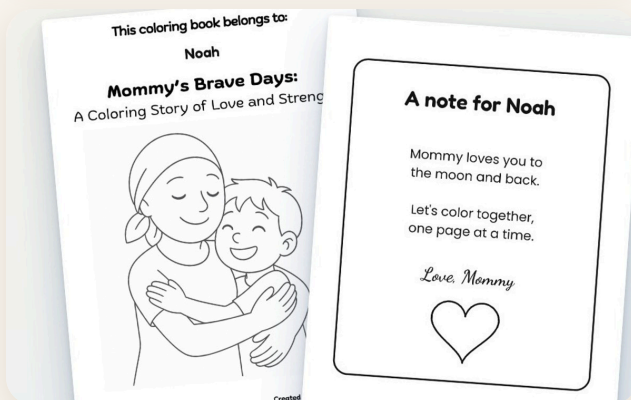
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Gentle grief workbooks

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.

[See the workbooks →](#)



Personalized coloring books for kids

Their name on the cover and a note from you inside. A gentle story to color together, made just for your child.

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Sympathy gifts

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