

## Grieving, Identifying, and Managing Difficult Times

This worksheet helps identify events that will be difficult for the grieving person and plan things to do at that time.

Using a calendar, if it helps, identify those times and events coming up that are likely to be difficult for you – especially if they are the first occasion or anniversary since losing a loved one.

Consider how difficult they will be on a scale of 0 - 5 where 0 is not at all, and 5 is extremely. Then plan enjoyable activities or ways to take care of yourself:

Event	Date	Difficulty rating 0-5	Enjoyable activities, self-care, support available?
<b>Anniversaries</b>			
<b>Birthdays</b>			

Event	Date	Difficulty rating 0-5	Enjoyable activities, self-care, support available?
<b>Special occasions</b>			
<b>Holidays</b>			

Event	Date	Difficulty rating 0-5	Enjoyable activities, self-care, support available?
<b>Other occasions</b>			

While you may be nervous about each new occasion as it gets closer, try to find ways to make them enjoyable, practice self-care, and honor the missing person.

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