



Complete  
Funeral Care

## Helping Yourself Day to Day When You're Grieving



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Grief doesn't only show itself on anniversaries or special occasions. For many people, it's the everyday moments — getting out of bed, making decisions, facing routine tasks — that feel unexpectedly difficult.

This guide is here to offer gentle reassurance and practical ideas to help you care for yourself day to day, when grief becomes part of ordinary life.

## **Grief in Everyday Life**

Grief can affect even the smallest things. You may find:

- Your energy is lower than usual
- Simple tasks feel overwhelming
- Your concentration comes and goes
- Motivation is hard to find
- Emotions rise without warning

These are not signs of weakness. They are common responses to loss.

There is no expectation to “carry on as normal.” Life after loss often requires a different pace.

## **Taking Things One Step at a Time**

When grief feels constant, it can help to **shrink the day**.

Instead of focusing on everything you need to do, try asking:

- *What is the next small thing I can manage?*
- *What would make today a little easier?*

Some days, getting dressed or eating something is enough. On other days, you may have more energy — and that's okay too.



## **Gentle Ways to Care for Yourself Day to Day**

Small, simple actions can help create moments of steadiness.

### **Keep routines soft**

Familiar routines can feel grounding, but allow flexibility. It's okay if things don't happen at the same time or in the same way as before.

### **Nourish your body kindly**

Eating regularly, staying hydrated, and resting when you can all support your emotional wellbeing — even when motivation is low.

### **Move gently**

A short walk, stretching, or fresh air can help ease tension. Movement doesn't need to be structured or energetic to be helpful.

### **Allow rest without guilt**

Grief is exhausting. Rest is not avoidance — it's recovery.



## **When Thoughts Feel Heavy or Repetitive**

You may notice your mind returning to the same thoughts or questions.

When this happens:

- Try writing things down to release them from your head
- Gently redirect your focus to something in the present moment
- Remind yourself that not every thought needs an answer today

It's okay if clarity comes slowly — or not at all.

## **Staying Connected, Even When It's Hard**

Grief can make reaching out feel difficult, but connection matters.

This might look like:

- Sitting quietly with someone
- Sending a short message rather than having a conversation
- Letting others help in practical ways
- Allowing yourself to talk about your loved one — or choosing not to

You don't have to explain your needs perfectly. Those who care about you will understand more than you think.

## **When Day-to-Day Grief Feels Too Much**

If everyday life feels consistently overwhelming — especially if you're struggling to function, sleep, or cope emotionally — please consider reaching out for additional support.

We have created a range of **free bereavement support guides** to help those who are finding grief particularly difficult. These guides can be read in your own time and may offer reassurance, practical coping ideas, and a sense that you are not alone.

Support is not a sign of failure. It's a form of care.



## **A Gentle Reminder**



You don't need to rush your healing.

You don't need to have answers.

And you don't need to manage everything at once.

Grief changes from day to day — and so can you.

At **Complete Funeral Care**, our care continues beyond the funeral. We are here to support you through the everyday moments, not just the significant dates.

**\*\*\***  *If you are in immediate distress or feel unsafe, please call 999, seek urgent medical support or contact a crisis service straight away on 116 123 (Samaritans)  \*\*\**