

FREE Worksheets

10 Things
Your Clients Can Do
Right Now to Help
with Grief



From **David Kessler**,
world renowned grief expert

Practical and engaging printable tools!

10 Things Your Clients Can Do Right Now to Help with Grief

1 Take a Walk

When we are in grief, we symbolically need to keep moving. We also need to keep moving physically. We often slow down in our grief and we need to move emotionally as well.

So take a walk. Think about your loved one. During the walk, cry. Look around at the place you are walking, the trees, the buildings, even the ants, whatever it may be. Take a walk every day if you can, even if it's a short walk alone or with someone else.

2 List Your Wins

The second thing is something to do at bedtime. I want you to name three things you were able to do today. We often hear people say, do a gratitude list. I find it's hard to talk about gratitude early in grief. So instead of that I talk about little wins. It might be get out of bed, eat, walk to the bathroom. If that's it, that's fine. Each one of those is a win.

In time, your wins will get bigger and bigger, but don't be afraid to start small. Think about what you were able to do today. After all you have been through, isn't it amazing you can still do anything. Name three things you were able to do today, even if it's three simple things.

3 Engage in the Bigger World

When I'm talking about engaging in the bigger world, that might mean watching the local news. It could mean watching the world news. Maybe it's reading the paper. Maybe it's a different news source. Perhaps BBC news or a news flash from Alexa. We need to see that the world is continuing. There is a bigger story going on than just our lives, our city, and even our country.

Try these activities for 30 minutes, or for as much as you can handle at any given time.

4

Send Love to Your Loved One

When your loved one died, you didn't stop loving them and they didn't stop loving you. When we feel helpless, we need to do something active.

I can remember when I was in the deepest of grief - in my first year, every night before I went to bed and every morning, in my mind I would say to the person who died, "I'm sending you love. I'm surrounding you with love," or I just tell them how much I love them. I would repeat it over and over to them.

Sometimes during the day, when my mind would focus on their death or the circumstances became overwhelming, I would shift my thinking by sending love. I would even do this when I became worried about them, felt like I was losing connection or saw something that reminded me of them. We still need to actively love them wherever they are.

5

Distract Yourself

You can't stay in that painful place every minute, every hour, every day. People will tell me in deep grief, they might binge watch TV. They might watch some movies over and over. That's okay. Just know you can't focus on the pain all the time. Your mind needs a break. So watch that movie again. Watch that TV show. Watch that football game, reread that romantic novel, whatever it may be. If it's work, dive in. You'll know when it's too much. Just know it's okay to distract yourself.

6

Share Your Story

We all know if we look out at our group of friends, we have some friends that we can go deep. Talk about your pain with those friends. We also have others who are more superficial. Don't begrudge them or make them wrong, you might appreciate them later. Find the deep ones and call them, have a conversation with them.

You might even start the conversation with, "I need to talk about this loss. I'd love for you to just listen and not give me solutions." The truth is grief must be witnessed. We want our grief witnessed. So talk to someone about your loss.

7

Recognize Something That Continues

Recognize something in your life that continues even after the loss that's in your life, that the loss did not destroy. That might be your work. Your work continues, even though this loss happened, or it may be something else.

Sometimes when people are in deep grief, they'll say to me, "David, everything is over, nothing's continuing." And I'll say, go look at your toes. Your toenails are still growing. Your fingernails are still growing. Even if it's recognizing something as basic as that, that things are continuing.

Even with this loss think about your love for your person who died. That continues.

8

Do Something Nice for Yourself

It might even be something you wouldn't normally do. I mean, we're often people pleasers, we're so good to the people around us, but when it comes to ourselves, we hold back. Go play golf, get a manicure, have a long bath. Get a massage. Maybe it's just eating that favorite food without guilt or eating a meal without worrying about the carbs.

You don't have to overdo it. Just do something to recognize you've been through a lot. And this is the time to do a little something nice for yourself.

9

Write Down Three Things You Wanted to Do in Your Life Before They Died

It could be something you wanted to do with them. Or maybe it's something you wanted to do even before they were in your life. But something you've always wanted to do. Maybe there's a place you wanted to visit. There's a hobby you wanted to take up, but never did. There's something you wanted to write. Maybe it's just, there's a TV show you never got to watch or something else. Something you never had time to do. Just write down three things you wanted to do, but never had the chance.

I remember one woman I was working with shared with me how she said she felt like a pie. She said, when I was a little girl, she told me, she felt like she gave a piece of her pie to her mother and another piece to her father. Then she said she got married. She gave a piece to her husband. She gave a piece to each of her kids, to her friends, to her work.

And when she was dying, she said, you know, I always gave so much of myself away. I gave so much of my pie away and I never stopped to even ask what kind of pie am I?

Remember their life was so precious and so is yours. Be curious about your life. Write down who you wanted to be, what you wanted to do, something you haven't had a chance to do.

10 Do Something for Someone Else

Now, if you are in your first year of grief, this may not be time for you to do this, but if you're in your second year or longer, this is really helpful. We have been so focused on our own pain that it helps to help others.

That might be getting someone a glass of water. It might be giving someone you see on the street a dollar. It may be when you're checking out in the grocery aisle and the checker asks if you can give your 60 cents to help the children in need. Just be a bit more conscious about others in the world in need.

In grief it's important we focus inward as we need the energy and attention to come in, but we also need it to go out. The smallest things can make a really big difference. Maybe you see someone's social media post revealing they're suffering from an illness or a challenging time, or that someone they love has died. Perhaps just share a post on social media saying, I'm thinking about you. Doing something for someone else will help you feel better.

Doing these 10 things can be such an important beginning in moving forward in our grief and healing and honoring those we love. We love being present for them when they were physically here. And even in their absence, we really begin to honor who they were, and who they were in our life.

I designed these 10 things to be very easy to do. I hope you'll try them all, one at a time. They can be a very important beginning in our grief.

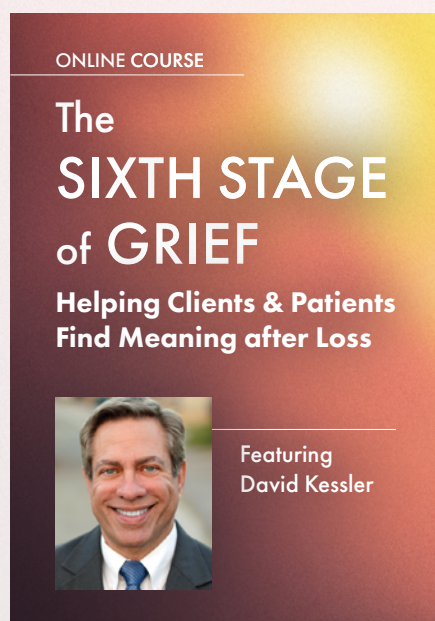
David Kessler is one of the world's foremost experts on healing and loss. His experience with thousands of people on the edge of life and death has taught him the secrets to living a happy and fulfilled life. An accomplished speaker and author, David's new book, *Finding Meaning: The Sixth Stage of Grief*, received wonderful reviews from critics as well as those in grief. His previous books have been praised by Saint (Mother) Teresa and Elisabeth Kübler Ross.

David has written five bestselling books and the popular *Healing Grief Card Deck: 55 Practices to Find Peace*. His first book, *The Needs of the Dying*, is a #1 best-selling end-of-life book. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross: *On Grief and Grieving and Life Lessons*. He also co-authored *You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death*, with Louise Hay.

David has worked with Elizabeth Taylor, Jamie Lee Curtis, and Carrie Fisher after their loved ones died, as well as late actors Anthony Perkins and Michael Landon at the end of their lives. He serves as a Specialist Reserve Officer with the Los Angeles Police Department and as a volunteer for the American Red Cross, responding to tragic events including aviation disasters and 9/11. In addition, he has met with parents of Sandy Hook Elementary and survivors of the Las Vegas shooting in 2017. He also serves on the board of the Farrah Fawcett Foundation, a non-profit organization that provides funding for cancer research. David's work has been discussed in the *New York Times*, *Los Angeles Times*, *Business Week*, and *Life Magazine*, and has been featured on CNN, NBC, Fox, PBS, *Dr.Oz* and *Entertainment Tonight*.

David earned a master's degree in healthcare bioethics from Loyola Marymount University after completing his undergraduate work at the University of Southern California. He is a member of the American College of Healthcare Executives and is a certified AMA/EPEC (Education for Physicians) trainer. David is the founder of Grief.com, an invaluable resource to those who are grieving that has had over 5 million visitors. When he's not speaking around the world, David calls Los Angeles home.

Help Your Clients & Patients Journey Away From Suffering



For decades, the 5 stages of grief developed by Elisabeth Kübler-Ross—denial, anger, bargaining, depression, and acceptance—have been the paradigm for understanding grief. But now, the literature on grief has changed. In this groundbreaking new online training course grief expert David Kessler—who also coauthored with Elisabeth Kübler-Ross the iconic *On Grief and Grieving*—reveals the critical sixth stage: **Finding meaning**. It's in this stage that people transform grief into a more peaceful and hopeful experience.

Learn how to help your clients & patients journey away from suffering at www.pesi.com/sixthstage