

Don't Know What To Do?

Do you feel like you need more activities to do to feel better?

Try some of these activities and see what feels good for you.

Find a comfort item: Find something that makes you feel comforted and safe. It could be something that belonged to your loved one or something else. Keep it close when you are feeling down.

Spread kindness to others: Compliment someone, tell someone you are grateful for them, or make something to gift to someone.

Engage in a mindless activity: Watch your favourite movie or play a board game. Taking breaks from grieving is important.

