

# REDEFINING WELLNESS

Presented by Life Interrupted Foundation

Grief changes everything, including how we care for ourselves.

This checklist isn't about perfection. It's about grace. It's about honoring what wellness looks like for you, right now.



## BASIC CARE (START SMALL)

- ☐ Drank a glass of water
- ☐ Ate something (even a small snack)
- ☐ Got out of bed (even if I laid back down)
- ☐ Took a shower or washed my face
- ☐ Took any necessary medications

## MENTAL & EMOTIONAL CHECK-IN

- ☐ Named one emotion I'm feeling
- ☐ Let myself cry or feel without judgment
- ☐ Wrote down or voiced a thought that's been weighing on me
- ☐ Said no to something I couldn't handle today  
Took a moment to breathe deeply

## CONNECTION & SUPPORT

- ☐ Texted or called someone I trust
- ☐ Allowed myself to receive help
- ☐ Reached out to a grief support group or resource
- ☐ Let someone know I'm not okay (if I needed to)
- ☐ Asked for a hug or company

## GENTLE MOVEMENT (IF ABLE)

- ☐ Took a short walk or stretched
- ☐ Sat outside or opened a window
- ☐ Did something kind for my body without pressure

## SOUL & SPIRIT

- ☐ Lit a candle or created a moment of stillness
- ☐ Spoke their name, looked at a photo, or honored their memory
- ☐ Journalled or wrote a letter to the person I lost
- ☐ Practiced a small ritual that brings comfort

## JUST FOR ME

- ☐ Did something that brought a moment of peace or joy
- ☐ Listened to music or a podcast that soothed me
- ☐ Watched something lighthearted or comforting
- ☐ Gave myself permission to rest
- ☐ Reminded myself: I'm doing my best

**This checklist is a companion, not a to-do list.**