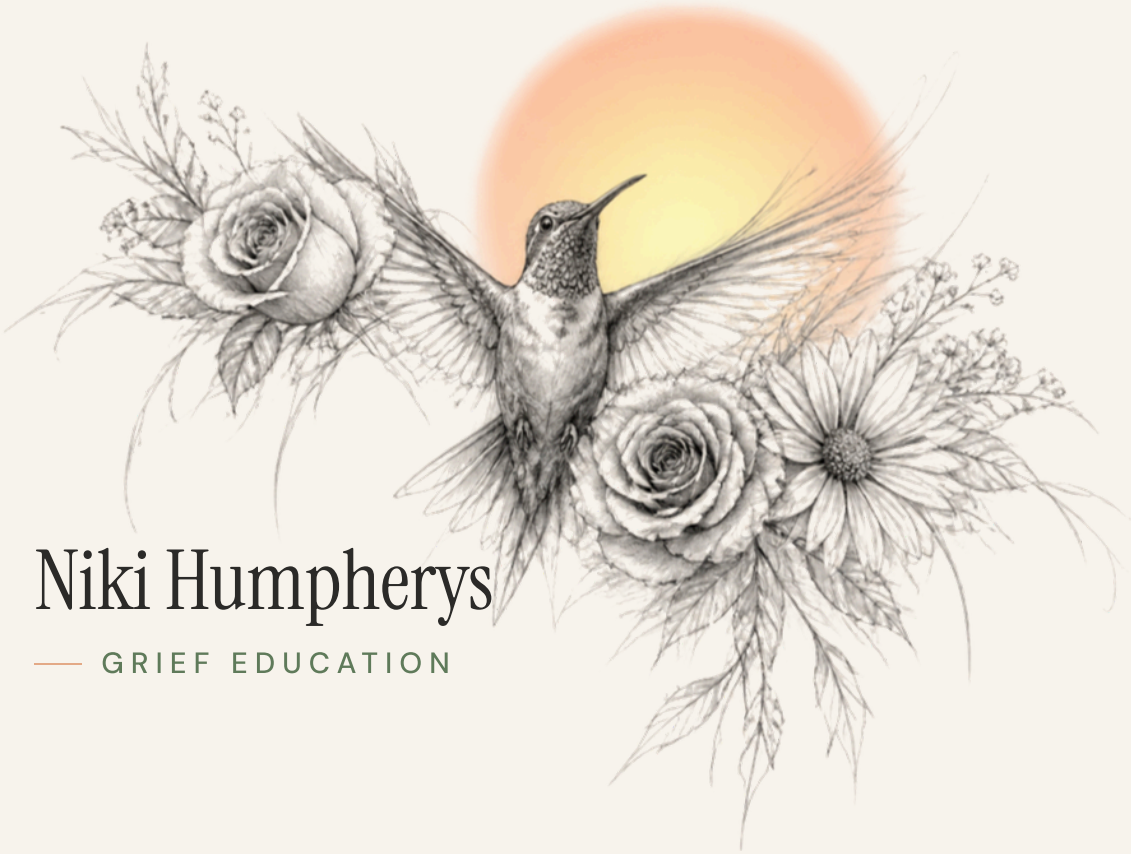

Niki Humpherys

GRIEF EDUCATION

Hard-Day *Survival Kit*

For the days grief hits all at once

Real tears. Real love.

Free from HarpersHopeStore.com · Please share the link, not the file

THE UGLY CRY CLUB · FREE GIFT

Hard-Day *Survival Kit*

For the days grief hits all at once. Keep this somewhere you can find it: the fridge, your nightstand, your phone. Use what helps. Skip the rest. You don't have to do any of this right.

When a wave hits, *ride it out*

- **Breathe slow.** In for 4, hold for 4, out for 6. Do it three times.
- **Feet on the floor.** Press them down and notice the ground holding you.
- **Find 5 things you can see**, 4 you can touch, 3 you can hear.
- **Hold something warm**, like a mug, a blanket or their sweatshirt.
- **Let the tears come.** Crying is not falling apart. It's love with nowhere to go.
- **Remind yourself:** waves rise and waves pass.

"This is a wave. I can let it move through me."

My hard-day *people*

Name & number

Name & number

Name & number

My signal text: **"Hard day. Can you check on me?"**

Tiny care *for hard days*

- [ ] Drink a glass of water
- [ ] Eat something small, even toast
- [ ] Step outside for five minutes
- [ ] Wash your face or take a shower
- [ ] Lie down for twenty minutes
- [ ] Play a song they loved

Permission *slips*

It's okay to cancel plans · It's okay to leave early · It's okay to say no · It's okay to laugh · It's okay to not be okay · It's okay to rest

Hard dates *ahead*

Date & what it is

My plan for that day

Who will be with me

When it's time for *more help*

- Grief has no timeline. But if you can't get through daily life for many months, can't eat or sleep, or feel like life has no meaning, please talk with your doctor or a grief counselor. You deserve support.

988 **If you are in crisis or thinking about suicide, call or text 988** (U.S., 24/7). You can also text HOME to 741741. If you are in danger right now, call 911.

Sources: Stroebe & Schut, the Dual Process Model of grief; David Kessler (grief.com); The Dougy Center (dougy.org); American Psychiatric Association, Prolonged Grief Disorder, DSM-5-TR; 988 Suicide & Crisis Lifeline (988lifeline.org); Crisis Text Line (crisistextline.org). Shared for education, with no endorsement implied.

Niki Humpherys is a certified grief educator and coach, certified through David Kessler's Grief Educator Certification program. She is not a licensed therapist, counselor or medical provider. This kit is for education and support, not therapy, medical care or crisis services.

Real tears. Real love.

HarpersHopeStore.com · @mommaniki5

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More gentle help, *made for you.*

I hope this helped a little today. When you're ready for more, here is what I make with love.

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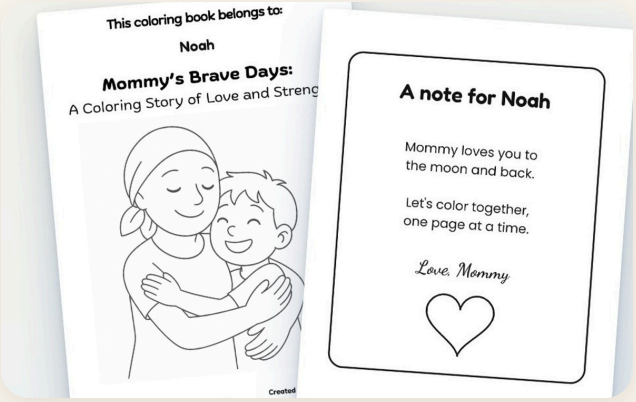
Gentle grief workbooks

Written the way I wish someone had spoken to me: gently, honestly and without a timeline. For moms, dads, siblings, little ones and the holidays.

See the workbooks →



Personalized coloring books for kids

Their name on the cover and a note from you inside. A gentle story to color together, made just for your child.

Make one for your little one →

Sympathy gifts

A cardinal memorial mug and a soft sherpa blanket that says "still with you, in every cuddle." For when you don't have the words.

Find a gift to send →

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Healing is possible, at your own pace.

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