A Hard Day Ahead

> *"Let not the eyes be dry when we have lost a friend, nor let them overflow. We may weep, but we must not wail."*
>
> Seneca, Letters 63 (tr. Gummere)

Seneca did not ask people to hide their grief. He asked them to let it be felt without being swept away. Plan the day gently. It is fine for it to be sad. The aim is only that it is not also a day you drink.

The day: _____ Date: _____

What makes this day hard

A way to mark it or remember

A visit, a photo, a walk, a letter, saying their name, lighting a candle.

Who I will be with, or contact

My plan for the hardest hour

Something comforting for the evening

If grief is overwhelming, talk to your GP or a bereavement service (in the UK, Cruse Bereavement Support). Samaritans 116 123 (UK and Ireland) · 988 (US).

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)