

Planner

While it's important to work through grief, rather than try to ignore your feelings, it's helpful to focus on other things from time to time.

Taking time for yourself is very helpful – it helps you to move into this next phase of your life with a sense of purpose. If you can, look into new hobbies or activities, or try spending more time with friends. Even going to the cinema or spending an hour reading a book can be very helpful, and give your mind a rest from the negative feelings and thoughts you've been coping with.

It can be helpful to plan out your days a little in advance, so you have enjoyable things to look forward to and time to mentally prepare for less pleasant activities.

You can use a planner to help you with this.

In your planner, you could include:

- things you need to do, like visit the doctor or go shopping for food
- things you'd enjoy doing, like spending time with loved ones
- things you do regularly, like engage in a hobby
- one-off events that will be enjoyable, like going to see a film that's coming out this week

The planner can be quite flexible – it's okay for plans to change. You don't have to fill in every space, or complete it all at once. Remember to set aside some time to relax and unwind – don't feel like you have to fill every hour of the day.

The text you add to the planner will only be saved to your device.

	Day 1	Day 2	Day 3
Morning			
Afternoon			
Evening			