
Feelings of separation can be overwhelming and the result may be an inability to act or to shut down

It is natural to feel overwhelmed at times after the experience of losing a loved one. Feeling disconnected may affect your ability to function for an undetermined amount of time. There is no set timeline in the grief and healing process. However, there are simple daily steps you can take to move forward and deal with the tasks at hand.

Often following the funeral tasks may seem too difficult to complete

It may sound easier said than done but if you are able to set reasonable expectations for yourself and develop a simple plan you can manage the tasks ahead of you. This process begins by taking a *one day at a time* approach which is as simple as doing one task a day. This can help to make your responsibilities more manageable and less overwhelming.

One day at a time begins by simply making a list of all the details, tasks and circumstances that you need to accomplish. By creating and completing your daily *to do* list in a manageable manner each day becomes a step stronger to the next.

This process involves you making a list of the the most important and time urgent tasks that need to be done. For example, following the funeral you may need to contact your Employer, Financial Institution and do other time sensitive tasks. Further down the list will be less time sensitive tasks such as writing thank notes, making phone calls and donating clothing.

Make your list using the template found below, you can also use the back of this page. Once you have completed a task check the completion box and move on to the next day. If you are feeling up to it you can accomplish more than one item on your daily list. If you find yourself falling behind or need assistance ask for help. Involve family, friends or a professional to help you with some of the challenges you are facing to receive proper support.

Date	Task	Completed
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

