



# Grief Brain Helper

WEEKLY

Grief brain can look like fogginess, forgetfulness, lack of concentration, and other frustrating traits that can make living feel more complicated.

There are times when grief brain may pop up more than usual. Sometimes we can feel this "bump" in grief brain when the seasons change. Here's a tool to try and help with some of the important basics.

## TOP PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## IMPORTANT REMINDERS

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## MEAL PLANNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY  
+ SUNDAY

## WELLNESS GOALS

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## WATER INTAKE

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

