

After Loss Checklist

Overview

After a loss, even simple tasks can feel overwhelming. This checklist is designed to gently guide you through practical next steps—at your own pace, in your own time.

You do not need to complete everything at once, or at all. This is not a to-do list to conquer, but a support tool to help reduce mental load during an emotionally exhausting time.

Use it as a reference, a reminder, or something to return to when you have more capacity. There is no rush, and there is no “right” way to move forward.

Checklist

Immediate (First Days):

- ☐ Notify close family and friends
- ☐ Arrange funeral or memorial services
- ☐ Secure important documents
- ☐ Take time of work or school

Short Term (Few Weeks):

- ☐ Handle insurance and benefits paperwork
- ☐ Cancel/transfer subscriptions and/or accounts
- ☐ Arrange childcare or household support
- ☐ Schedule follow-up appointments if needed

Emotional Care:

- ☐ Allow yourself to grieve without judgement
- ☐ Seek support from trusted people
- ☐ Consider grief counseling or coaching

- ☐ Rest, hydrate, and nourish your body

Ongoing:

- ☐ Create rituals to honor your loved one
- ☐ Check in with your emotional needs regularly
- ☐ Return to routines at your own pace
- ☐ Ask for help when grief resurfaces