

The Polly Space

A Gentle Guide for the Hardest Days



8 Gentle acts of care
in the early days of loss



A Gentle Guide for the Hardest Days

When you're newly grieving, the world stops making sense.

Everything feels too much. Or not enough. Or both at once.

You're not doing it wrong - it really is this hard.

These small acts aren't about fixing grief. They're about helping you stay afloat when everything inside you feels lost.

The Polly Space



8 Gentle Acts of Care in the early days of loss

01

KEEP YOURSELF SAFE

If you're driving and the tears blur your vision, pull over. If you're standing at the edge of something overwhelming, pause.

Safety might mean sitting down. Calling someone.

Drinking water.

Your grief deserves protection - and so do you.

02

TEND TO SOMETHING

Water a plant. Brush your pet. Touch something that reminds you life still moves.

Tending to another being - even briefly - can bring your heart a moment of purpose or peace.

You don't need to feel ready. You just need to begin.

03

STEP OUTSIDE

Trees don't ask questions.

The wind doesn't expect anything from you.

The natural world welcomes you exactly as you are.

If you can, take even a few steps outside - not to feel better, but to feel held by something larger than your pain.

04

DRINK SOME WATER

Tears take more from your body than you realise.

You may not feel thirsty, but your body is still asking.

A sip of water is an act of care - one you can offer yourself, even now.

8 Gentle Acts of Care in the early days of loss

05

DO ONE SMALL THING (LIKE SHOWERING)

A shower. A few dishes. Brushing your teeth.
Not because you should, but because tiny actions can gently re-anchor you to your body.
This isn't about productivity.
It's about tending to the part of you still here.

06

LET YOUR BODY MOVE

Grief can make you feel frozen.
Stretch. Walk to your postbox.
Lie on the ground and breathe.
Movement won't erase the pain, but it can help you find a moment of calm in the storm.

07

SAY NO. SAY YES.

Your energy is precious now.
Say no to anything that feels like too much. Say yes to what feels even a little bit nourishing.
This is the time to protect your capacity and honour your needs - unapologetically.

08

FEED YOUR BODY (IF YOU CAN)

Grief changes appetite in strange ways.
If food feels impossible, try something small and soft.
If you're eating constantly, that's okay too.
This is not about the perfect meal - it's about offering your body some kindness.

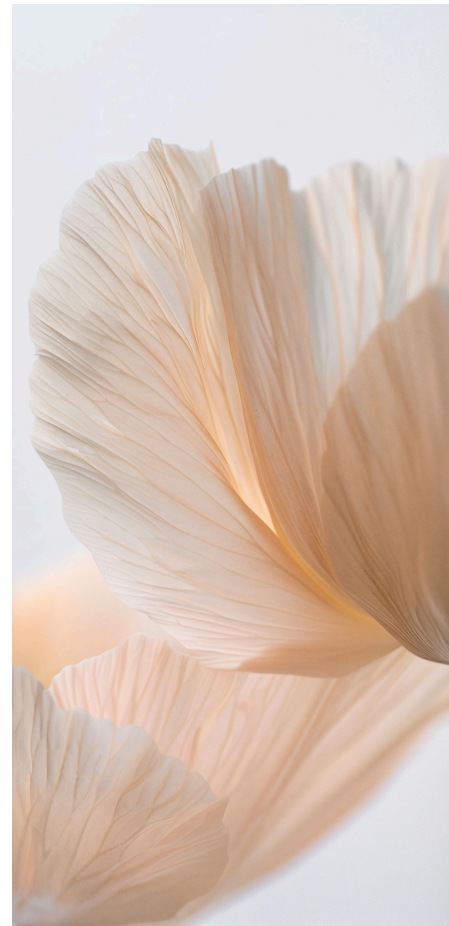


The early days of grief don't follow logic. Your familiar ways of coping may not work. And the words people offer, even kindly, may feel like noise.

Platitudes don't help.
*Compassionate
presence does.*

You don't need to feel grateful or strong or okay.

You only need to be here, moment by moment in whatever way you can manage.





Grief Haven

Extra support

"For those days and nights when this guide isn't enough, when it's 3am and the world is too quiet.

Grief Haven is your 24/7 companion through grief's most difficult moments.

Gentle, immediate support from someone who's been exactly where you are.

www.thepollyspace.com/griefhaven

The Polly Space

