

Grief & Grace Ritual Kit

Your 30-Day Companion Through Early Loss

You are not broken. You are grieving. This kit is your gentle companion through the first month after loss—the hardest, most disorienting, most impossibly painful time. There's no timeline for grief, no "right way" to do this. These practices are simply offerings to help you survive when survival feels impossible.



Your Permission Slips

Before we begin this journey together, you need to know that you have permission to grieve in your own unique way. These aren't rules—they're reminders of your inherent right to heal at your own pace.

Feel Everything & Nothing

Some days you'll feel nothing at all, other days everything all at once. Both are completely normal parts of your grief journey.

Cancel & Say No

You can cancel plans, stay in bed, and say no to anything that feels too hard. Your energy is precious right now.

Laugh & Cry

You can laugh without guilt and cry without warning, sometimes in the same hour. Joy and sorrow can coexist.

Remember: You can take as long as you need—there is no deadline for healing. Grieve in your own way, even if it looks different from what others expect.

Week 1: Survival Mode

Days 1-7 • Focus: Just Breathe

What's Happening

Shock is carrying you through the immediate chaos. Your nervous system is protecting you from the full impact of your loss. This numbness you might be feeling? It's actually a gift—your body's way of helping you cope with the immediate aftermath.

Your Only Job This Week

Survive. Eat something—anything. Drink water. Sleep when you can. Let people help you with logistics and daily tasks. Don't make any big decisions right now. Most importantly, don't worry about how you "should" feel.



Daily Practice

Three times a day, place your hand on your heart and take three deep breaths. Say out loud: "I am surviving this moment." That's enough. That's everything.

Emergency Contacts You Need Right Now: Write these numbers somewhere visible—on your phone, on a sticky note by your bed. Having them ready removes one barrier when you need support most.

Week 2: The Crash

Days 8-14 • Focus: Feeling Everything

What's happening: The shock is wearing off. The funeral is over. People are returning to their normal lives. And you might feel like you're falling apart. This is exactly what's supposed to happen—you're not doing anything wrong.

Your Job This Week

Don't fight the waves of grief when they come. When grief hits, give it 10 minutes of your full attention. Cry, scream into a pillow, let it move through you. Fighting grief only makes it stay longer and feel more intense.

When You Can't Stop Crying

This is actually good. Tears are how your body releases the stress chemicals and processes grief. You're not falling apart—you're healing. Set a timer for 10 minutes and let it flow. Usually, the intensity passes.

Daily practice: Set a timer for 15 minutes of intentional "grief time" each day. Look at photos, write in a journal, or just sit with the pain. When the timer goes off, physically change your environment—step outside, take a shower, or call someone.

Week 3: The Void

Days 15-21 • Focus: One Foot in Front of the Other

What's Happening Now

The acute shock has passed, but you're not "better"—and that's completely normal. You're in the strange in-between space: functional enough to get through a day, yet still devastated enough that everything feels meaningless or surreal.

Creating Tiny Structure

Your job this week is to create small, gentle routines. Not because you need to be productive, but because these tiny anchors help your nervous system feel safer in the chaos of grief.



- Shower at roughly the same time each day
- Eat one real meal (even if small)
- Step outside for five minutes
- Drink water first thing in the morning

📅 Daily Practice

Morning: Drink water and name three things you can see, hear, and touch (this grounds you in the present moment). **Evening:** Write down one thing you survived today. It can be as simple as "I got out of bed" or "I ate lunch."

When guilt hits: You're not betraying your loved one by continuing to live, eat, sleep, or find moments of peace. They would want you to survive and eventually thrive. Taking care of yourself is not betrayal—it's honoring their love for you.

Week 4: Small Openings

Days 22-30 • Focus: Noticing Light

What's happening: You might have a good hour, then feel guilty about it. You might laugh at something, then cry because you laughed. These small openings in the grief are healing beginning to happen—they don't mean you're "over it" or moving on too quickly.

1

Notice Without Judgment

When you have a moment of not-grief, simply acknowledge it: "I felt okay for 10 minutes." When grief returns, acknowledge that too: "The wave came back, and it will pass again."

2

Daily Observation Practice

Each evening, complete this sentence: "Today I noticed..." It might be "I noticed I drove without crying" or "I noticed the sunset" or simply "I noticed I'm still here."

3

Guilt About Feeling Better

Joy is not betrayal. Your grief and your healing can coexist beautifully. Both are expressions of love—for your person and for yourself.

Crisis Support Tools

When the Pain Feels Unbearable

Sometimes grief hits with an intensity that feels impossible to survive. These grounding techniques can help pull you back from the edge and remind your body that you are safe in this moment.

1

5-4-3-2-1 Grounding

Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, 1 thing you taste. This pulls you out of emotional overwhelm and back into your body.

2

The Ice Cube Reset

Hold an ice cube in your hand until it melts completely. The physical sensation interrupts emotional overwhelm and gives your nervous system something concrete to focus on.

3

The 10-Minute Promise

If you're having thoughts of self-harm, promise yourself you'll wait 10 minutes. Call your emergency contact, text a crisis line (HOME to 741741), or go outside. The intensity will shift.

4

Body Movement

Shake your hands vigorously for 30 seconds, do 10 jumping jacks, or dance aggressively to one song. Physical movement helps emotional energy move through and out of your system.

Understanding Your Grief Journey

Mapping Your Support Circle

Not everyone can hold your grief, and that's perfectly okay. Different people serve different roles in your healing. Knowing who to turn to for what kind of support can make asking for help easier and more effective.

- **Who I can cry with:** The person who won't try to fix you
- **Who handles logistics well:** Your practical support person
- **Who makes me laugh:** When you need lightness
- **Who sits with me in silence:** Comfortable presence
- **Who I need distance from:** It's okay to protect your energy

30-Day Wave Tracking

Consider tracking your daily grief intensity on a scale of 1-10. Over time, you'll see patterns—waves getting smaller, spaces between them growing longer. This isn't about rushing healing; it's about recognizing your resilience.



Remember

Healing isn't linear. Some days will feel like steps backward. These aren't failures—they're part of the natural rhythm of grief. Your love doesn't diminish as your pain softens.

When to Seek Professional Support

Grief is a natural process, but sometimes we need additional support to navigate its complexity. There's no shame in seeking professional help—it's actually a sign of wisdom and self-care.



Persistent Thoughts of Self-Harm

If you're having ongoing thoughts of wanting to "join" your loved one or harm yourself, please reach out for professional support immediately. These feelings can be part of grief, but they need specialized care.



Substance Use to Cope

Using alcohol, drugs, or other substances to numb the pain can complicate grief and create additional problems. A grief counselor can help you develop healthier coping strategies.



Complete Isolation

If you feel completely cut off from support or unable to function in basic ways (eating, sleeping, hygiene) after several weeks, professional guidance can help you reconnect with life.

Resources to remember: Psychology Today Grief Therapist Directory, The Grief Recovery Method support groups, What's Your Grief online community, Crisis Text Line (HOME to 741741), National Suicide Prevention Lifeline (988).

You Will Survive This

You are in the hardest 30 days of your life. Nothing can take away your pain completely, but we can promise you this: you will not always feel this devastated. The waves will get smaller. The spaces between them will grow. You will learn to carry this loss without being crushed by it.

Your Grief is Love

Your grief is love with nowhere to go. It's the price we pay for loving deeply, and it's evidence that what you had mattered profoundly.

You Are Not Alone

Millions of us have walked this path of profound loss. We're holding space for you, even though we may never meet. You're part of an invisible community of survivors.

One Breath at a Time

You're going to survive this. One breath, one hour, one day at a time. Life is waiting for you on the other side of this impossible darkness.

ARCANE GUIDES - You don't have to walk through grief alone. We're here to support you with gentle, trauma-informed guidance.

WhatsApp: [+254 720 202 299](https://www.whatsapp.com/business/profile/254720202299) • **Email:** hello@arcaneguides.com

This kit complements professional grief counseling. If you're in crisis, please contact emergency services immediately.