



WHAT TO DO WHEN BASIC DECISIONS FEEL IMPOSSIBLE

Early grief can make simple decisions feel strangely impossible. What to eat, who to call back, whether to shower, which bill to open first, or what to do with the mail. None of those things are complicated on their own, but grief has a way of turning ordinary choices into one more thing your mind cannot quite hold.

Part of that is exhaustion, and part of it is shock. Your brain is trying to process a loss that has changed your entire life, while the rest of the world continues handing you things that seem to need answers right now. It is no wonder your thoughts feel slow or scattered: You are trying to function while carrying more than your mind was built to sort all at once.

When decisions feel too large, make them smaller. Don't ask, "What do I need to do today?" Ask, "What is the next thing in front of me?" Answering one text, find one document, or eat something simple.

It can also help to let trusted people narrow the choices for you. Instead of sorting every paper, ask someone to sit with you while you make three piles: urgent, later, and I have no idea. The goal is to reduce the number of decisions pressing on you at one time.

There will be days when even the next small thing feels like too much. On those days, lower the bar without apologizing for it. Grief changes your capacity, especially in the beginning, and pretending otherwise only makes the day heavier. A smaller step is still movement, and sometimes movement is simply staying fed, staying hydrated, and letting one thing be handled before you look at the next.

HOLD ONTO THIS:

- You do not have to solve the whole day at once.
- Smaller choices are still choices.
- "I can't decide right now" is an honest answer.
- Letting someone narrow the options can be a form of help.
- The next thing in front of you is enough for now.

With Grace for the Mess

~Stef