FOR THE HARD MINUTES

When a wave hits

Grief can come and go. A reminder can hit during an ordinary day. Try one small thing for the next minute.



01 **Notice this moment.**

Notice three ordinary things around you.

02 **Feel support.**

Notice your feet on the ground or the chair under you.

03 **Reach out.**

Text someone safe: "Can you sit with me for a bit?"

My sign that I need a pause:

One safe person or place I can reach:

TRY WHAT HELPS / YOU CAN SKIP A STEP

YOU CAN BRING THE MESSY VERSION



You can ask for company

Try: "I've been having a hard time. Can you check in with me?"

If grief is getting in the way of sleep, school, or everyday life, a counselor can help. You can ask now.

My check-in plan

Someone I could ask to check in:

A time or place that could work:

Grief resources: dougy.org • nctsn.org

988 Suicide & Crisis Lifeline

Call or text 988 for support in a crisis.

You're not alone.

Progress is Progress LLC

Mile or a Millimeter

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10 / TEENS / AGES 13–18

Your Story Isn't Over

One hard chapter doesn't decide the whole book.



Mile or a Millimeter

01 / NAME WHAT IS HERE

What changed still matters



Loss can include a person dying, being separated from someone, moving, or losing the way life used to feel. You do not have to compare your loss with anyone else's.

Circle what fits today:

Sad / Mad / Numb / Worried

Okay for a while / Mixed up / Other

One thing I miss or wish were different:

What I wish people understood:

Feeling okay sometimes does not erase what matters to you.

02 / MAKE A SMALL PLAN

When a reminder shows up



I open my phone. A photo, old message, or memory brings it all back.

If that feels familiar, try a small plan.

Check something I could try:

- ☐ Mute a reminder for now.
- ☐ Keep a photo private.
- ☐ Put my phone down and find support.

One reminder I want a plan for:

My plan when it shows up:

Pick what helps. You can change your mind.

03 / LOOK A LITTLE AHEAD

Something I still want



You can miss what was and want something good ahead. A plan can be small. You do not have to feel hopeful first.

One thing I want this month:

The smallest step I could take:

Someone who could help / how:

When I could try it: