**Designing Your Own Resilience Plan**

* Begin by making a complete list of everything you need help with including little things.
* Share your list with a friend or family member and ask them for support.
* Pinpoint any areas that you feel particular pain or fear around, and then examine why and find ways to work through these areas.
* Share your list with your therapist or grief group and ask for support.
* Take a look at the truth of your financial situation and see a financial adviser or ask advice from a family member or friend.
* Make a list of things in your life that are taking up unnecessary energy or time and begin to make changes to decrease these stressors.
* Take up new hobbies or activities that bring you pleasure or joy.
* Maintain or increase your physical activity.
* Actively seek out people who bolster your life in positive ways.
* Continue to check in on this list as you make new changes in your life, checking things off and adding new ones as they arise.
* Consult with others before making big changes like moving or changing jobs. These impulses often come up in the wake of a loss, but be sure you are ready.

From *Anxiety the missing stage of grief*, Claire Bidwell-Smith, 2018.