

# Help! I can't remember a thing!



Grief has a way of sabotaging our short term memory!

One of your first purchases should be a notebook.

A phone with a Notes app works too but...

what if you lose your phone?

That can happen!

## What to write down.

Bills to pay — and when they come due. Bill paying seems mundane when grieving but not doing so has consequences later.

Your needs list --for when your friends and family ask "what do you need?". You may not think of it at the time but having a list of needs gives you a choice of responses. And, as one widow said, "Keep in mind that some offer but do not follow through. Just let that go, they are grieving too."

Snippets — words or phrases — that you can think about and write about more fully in your journal later.

ANYTHING you think you may need to remember.

If you don't write it down you WILL forget.

And remember, some grief starts early.

Some grief begins with a diagnosis.