

# Hello Spring

## 6 Easier Ways to Spring Clean in Grief

from Clarissa Moll,  
Your Grief Companion



choose a day  
without other  
commitments

aim for small  
wins -- a shelf,  
a drawer, a  
closet

give away  
items only if  
you feel ready

boxing up  
items can  
give you  
space to  
process later



ask a friend to  
join you for  
companionship,  
not advice

cry if you  
need to.  
laugh too.



Remember:

Cleaning doesn't mean you're erasing your person,  
only that you need physical, mental and emotional  
space to move forward with your grief!

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