

The Grief Survival Kit

Devotional

because God understands your pain and wants to bring you comfort

Paper plates, cups, etc

because the last thing on your mind should be the dishes

Tissues

because tears will fall

Toilet Paper

because it's something you don't realize you need until you're sitting there getting the most use out of that last square

Journal

because sometimes you just need to sit alone and write what you think you could never speak

Phone Card

because sometimes a listening ear doesn't live two doors down

Gum

because well meaning friends and family pop in and you'll want fresh breath despite having not brushed all day

McDonald's

because grief is work and sometimes you need to take a break to play

Thank You Cards and Stamps

because so many people love you

Tylenol

because you're in enough pain without having to deal with a headache too