

LOSS OF A SPOUSE

Finding Strength And Support In Grief

	YES	NO
1 Have you identified a support network of friends or family to help you through your loss?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you know how to access professional counseling or grief support services if needed?	<input type="checkbox"/>	<input type="checkbox"/>
3 Are you aware of the financial implications related to the loss of a spouse?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you updated all necessary documents, such as your will and beneficiary information?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you engage in daily activities that help maintain your physical and mental health?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you found personal ways to honor and remember your spouse that bring you comfort?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you feel comfortable expressing your grief and emotions with others?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you established a routine that helps provide structure to your days?	<input type="checkbox"/>	<input type="checkbox"/>
9 Are you actively seeking ways to connect with others who have experienced similar losses?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you understand the stages of grief and recognize which one you might be currently experiencing?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: Strong Foundation. You are well-prepared to face the challenges of grief, with strong supports and healthy coping mechanisms in place.



4–6 Yes Answers: Building Resilience. You're on a path toward healing, but further steps may be necessary to fully support your journey through grief.



0–3 Yes Answers: Immediate Support Needed. It's crucial to seek additional resources and support to navigate this profoundly difficult time effectively.