

TRIVIAL
PURSUITS

HOW TO

SURVIVE

DEATH

ERRANDS

Tips To Avoid Loss of Control

1

Close off
your heart
for the day



suspended

Upset-prevention-
and-recovery
techniques can
mitigate the
hazards

2

Severely
UNDERESTIMATE
the amount of
tasks you will
complete in a
day

3

PRACTICE

saying out loud

"My (insert deceased's relationship to you) died and I need to (insert task)"

PREPARE

for platitudes from
a stranger that will
feel meaningless

Game Face

4 Be rude to everyone trying to help in an attempt to cover up your emotions

A Protective Halo

5

Aftermath



Drink wine

Eat ice cream



CALL NOW

Relieve Pain

THIS IS VERY IMPORTANT

Open your
heart + back
up

6



open



and cry yourself
to sleep



Sometimes
I nash my
teeth

© 1963 Maurice Sendak

they're not forgotten.

Made by
Chelsea Evans
2023

husband.

