

# UNDERSTANDING GRIEF & LOSS

Grief is the natural response to loss. It is a deeply personal journey that looks different for everyone. There is no "right" way or timeline for grieving. Be gentle with yourself.

## WHAT IS GRIEF?

Grief is the emotional, mental, physical, and spiritual reaction to loss. Loss can include:

- ♥ Death of a loved one
- ♥ End of a relationship
- ♥ Loss of a job or career
- ♥ Loss of health or ability
- ♥ Major life changes
- ♥ Broken dreams or expectations

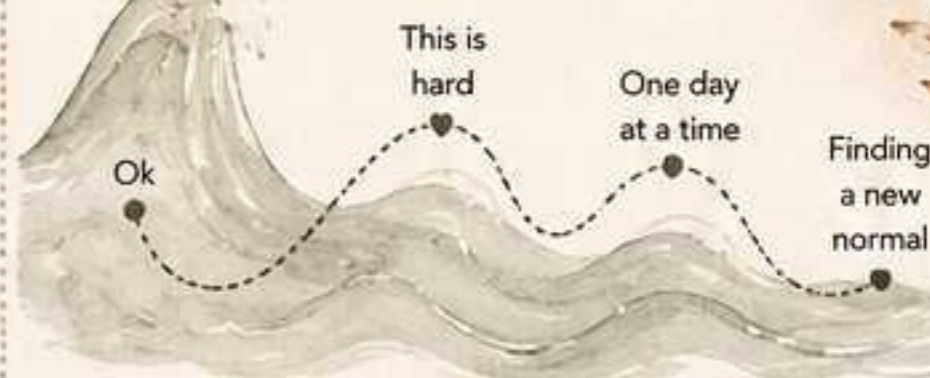
## COMMON FEELINGS



You may feel many emotions—sometimes all at once. All of your feelings are valid.

## THE GRIEF JOURNEY

Grief is not a straight line. It comes in waves.



There may be good days and hard days. Both are part of the process.

## WHAT CAN HELP



### ALLOW YOURSELF TO FEEL

Give yourself permission to experience your emotions without judgment.



### TALK ABOUT IT

Share your feelings with someone you trust. You don't have to go through it alone.



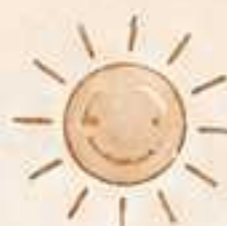
### TAKE CARE OF YOUR BODY

Eat, rest, hydrate, and move your body gently. Self-care matters.



### EXPRESS YOURSELF

Write, create art, listen to music, or find other ways to release feelings.



### FIND MOMENTS OF PEACE

Small moments of calm can help you heal and recharge.



### SEEK SUPPORT

Consider support groups or a therapist if you need extra support. It's okay to ask for help.

## HONORING YOUR LOSS

Finding meaningful ways to remember can help keep your loved one or loss a part of your story.

- ♥ Create a memory box or journal
- ♥ Light a candle
- ♥ Plant a tree or garden
- ♥ Share stories and photos
- ♥ Celebrate special dates
- ♥ Continue a tradition

## THINGS TO REMEMBER

- ♥ Grief changes over time, but it never disappears.
- ♥ You are not "getting over" your loss—you are learning to live with it.
- ♥ It's okay if it takes longer than you expect.
- ♥ You are stronger than you think.
- ♥ Healing happens—one day at a time.

## BE KIND TO YOURSELF

Grief can be exhausting. Practice self-compassion.

- ♥ You are allowed to rest.
- ♥ You are allowed to cry.
- ♥ You are allowed to have good days and laugh.
- ♥ You are doing the best you can.

Your grief is a reflection of your love. It is the price we pay for having loved so deeply.

## WHEN TO SEEK EXTRA HELP

Grief can sometimes feel overwhelming or long-lasting. Reach out to a professional if you:

- ♥ Feel numb or empty for weeks or months
- ♥ Can't carry out daily activities
- ♥ Have thoughts of harming yourself
- ♥ Feel hopeless or see no way forward

You don't have to face your pain alone. Help is available, and healing is possible.

You are not alone. You are loved. You are worthy. You will get through this.