



Grief Intro Resources and Concepts

We wish to extend our condolences to you on the death of your loved one. We hope this information will be helpful for you and your family throughout the many transitions that lie ahead. Please know that there's no wrong way to grieve. Every loss, every person, and every day is different. Many great resources and support groups exist that can help immensely through your grief journey, so don't give up if you find some aren't right for you. Our thoughts are with you.



Grief Reactions

Be patient. Grief reactions come and go, and can show up over many months. Most grief reactions begin to soften over time. Every person's timeline is different. Reactions may include Anger, Shock & Denial, Numbness, Confusion, Sadness, Guilt, Relief, Hopelessness, Anxiety, Irritability, Fear, Brain Fog

Avoid making major life changes for the first 6 months if possible

Normal Physical Symptoms of Grief: These symptoms will improve over time. Some include change in appetite, low energy level or fatigue, stomach upset, headaches, sleep disturbance.



Ways to Cope

- Express your feelings (talking, journaling, support groups)
- Look after your own health. Eat/drink well and exercise/walk
- Arts & Crafts: Find therapeutic projects to ease your mind or to honor your loved one
- Photography projects: Collages, memorabilia, slideshows, videos

Accepting Support: Don't feel you are burdening others. People don't know what to do or say, and welcome the opportunity to feel helpful. But be honest about your needs, even if you need some space.

Warning: be careful when driving or operating heavy machinery. Strive to find ways to control your grief outbreaks and dedicate times to grieve. ([Soft Belly Breathing](#) / [Expressive Meditation](#))



Support Groups

There are many grief support groups across the world, virtual and in-person. Some are more general and some specific (for example, The Compassionate Friends focuses on Infant Loss). Funeral homes, hospices, hospitals, or your faith community may be able to tell you about support available locally.



Individualized Support

- **Grief Counselors / Therapists:** There are sites to help find the right one for your needs like psychologytoday.com.
- **Books / Websites / Podcasts:** Helpful in finding ways to cope and honor loved ones that work for you. Also great for reminders that you're not alone, even when you're not wanting or able to be with others.



Funeral Planning

There will be many decisions that the funeral director or family/friends can help with, but it can also be good to consult websites such as JoinCake.com for everything from song suggestions to help with expenses.



Practical Considerations

- Though it may feel like your world has ended, the world around you keeps spinning.
- Practical, legal, and financial checklist
 - Returning to work
 - Challenges specific to type of loss

"Sometimes it's okay that the only thing you did today was breathe." — Yumi Sakugawa

Suicidal Thoughts? USA: 18002738255 or text HOME to 741741