

# Grief and Loss

Grief is a natural response to loss. It can follow the death of a loved one, a traumatic event, or significant change. Everyone experiences grief differently, and there is no “right” way to grieve.

## IF YOU ARE EXPERIENCING GRIEF AND LOSS

### What you might notice:

Grief can affect you emotionally, physically, and mentally. You may experience:

- Sadness, shock, anger, guilt, or numbness
- Fatigue, sleep difficulties, or changes in appetite
- Difficulty concentrating or making decisions
- A sense of disconnection or longing

These reactions can come and go and may change over time.

### Ways to care for yourself:

- Allow your feelings — grief is not something to fix or rush
- Stay connected with people you trust, even in small ways
- Maintain gentle routines to support stability and rest
- Take breaks from demands when you can
- Express your grief through talking, writing, movement, or quiet reflection

Be patient with yourself. Healing does not follow a timeline.

## SUPPORTING SOMEONE WHO IS GRIEVING

### Helpful ways to offer support:

- **Listen without trying to solve** — your presence matters
- **Acknowledge the loss** rather than avoiding it

- Use simple, compassionate language, such as “I’m sorry you’re going through this”
- Check in over time, not just in the early days
- Respect individual and cultural differences in how grief is expressed

### What to avoid:

- Avoid phrases like “They’re in a better place” or “At least...”
- Don’t pressure someone to “move on” or “stay positive”
- Avoid comparing losses or sharing unsolicited advice
- Sometimes the most supportive thing you can do is sit quietly and care.

## WHEN TO SEEK ADDITIONAL SUPPORT

### Extra support may be helpful if grief:

- Feels overwhelming or unmanageable
- Persists without relief over time
- Is affecting your ability to function day-to-day
- Is connected to traumatic or sudden loss

### SUPPORT IS AVAILABLE



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