



INITIAL Grief Processing



Gentle steps for the beginning of your grief journey.
There is no “right” way or timeline. Honor your heart.



WHAT IS GRIEF?

Grief is your mind, body, and heart responding to loss.
It is a natural, deeply personal process of adjusting to a world that looks different now.



IT'S OKAY TO...

- ♥ Feel a mix of emotions
- ♥ Have good days and hard days
- ♥ Not be “okay” right now
- ♥ Take breaks from talking about it
- ♥ Ask for help
- ♥ Take things one day at a time

COMMON EARLY GRIEF EXPERIENCES



OVERWHELMING EMOTIONS

Sadness, shock, anger, fear, relief, guilt, or numbness. All are normal.



MENTAL FOG

Trouble focusing, forgetfulness, and confusion can happen. Be gentle with yourself.



PHYSICAL RESPONSES

Tiredness, nausea, headaches, tight chest, or changes in appetite or sleep are common.



WAVES OF GRIEF

Grief often comes in waves. It may feel calm and then overwhelming again.



LONGING & MISSING

Yearning for the person, memories that bring comfort and sadness.

GENTLE STEPS TO BEGIN



1. ACKNOWLEDGE YOUR LOSS

Give yourself permission to feel and name your loss. Say it out loud if you can.



2. CARE FOR YOUR BODY

Small things matter: drink water, eat something, rest when you can.



3. ALLOW YOUR EMOTIONS

Let yourself feel without judgment. There is no need to fix or rush your feelings.



4. REACH OUT

You don't have to grieve alone. Lean on safe people who listen and care.



5. EXPRESS YOUR GRIEF

Write, talk, pray, create, or sit in quiet. Find what helps you release and heal.



6. TAKE IT ONE DAY AT A TIME

Today, focus on what you need. Healing happens in small, unseen steps.

YOU ARE NOT ALONE

Grief is love with nowhere to go.
Be patient with yourself.
Healing is not forgetting—it is learning to carry love in a new way.



THE TRUTH TO HOLD

Your grief is valid.
Your feelings are valid.
You are still becoming.
It is okay to take all the time you need.



WHEN TO SEEK ADDITIONAL HELP

- ♥ Grief feels unbearable most days
- ♥ You cannot care for yourself
- ♥ You have thoughts of harming yourself
- ♥ You feel stuck for a long time

*Reaching out is a sign of strength.
Support is here for you.*



You are loved. You are not alone. Healing is possible. ♥