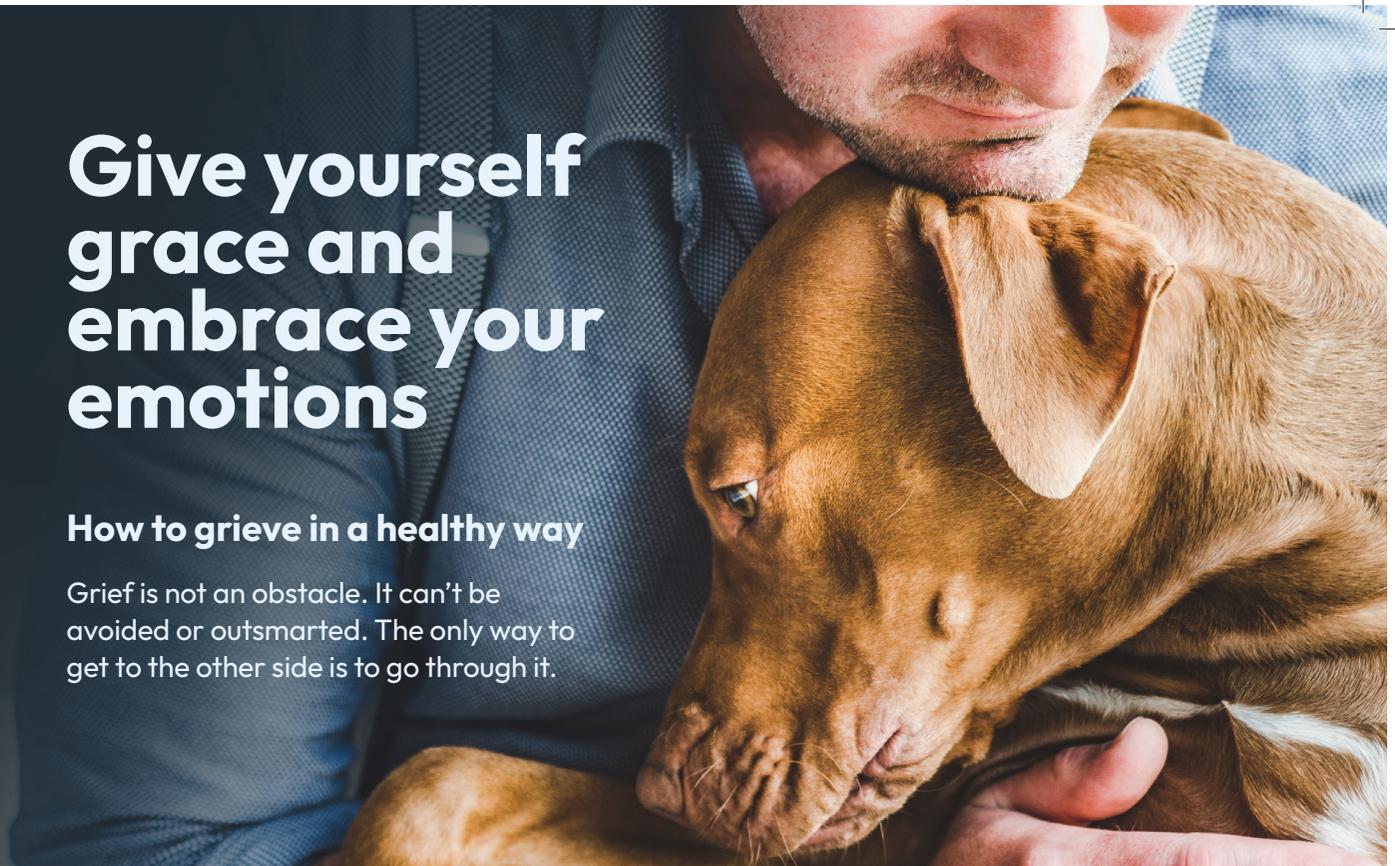


Give yourself grace and embrace your emotions

How to grieve in a healthy way

Grief is not an obstacle. It can't be avoided or outsmarted. The only way to get to the other side is to go through it.



Understand what you're experiencing

Getting to know grief

Grief is a healthy response to loss, but it's not a one-size-fits-all experience and it doesn't follow a playbook. We know because we've experienced it ourselves. Grief will manifest itself differently in different people, and even for you it may evolve from one moment to the next.

The stages of grief

Denial is a common defense mechanism that helps to numb our emotions.

Anger is a likely familiar emotion and a necessary part of the healing process.

Bargaining is a normal reaction to feeling helplessness.

Depression is typically the stage at which you will really start to feel the impact of your loss.

Acceptance is an understanding of a new reality and knowing that you'll be ok.

The process of embracing grief will leave you feeling physically and emotionally exhausted. You'll likely lose sleep. Your appetite may be affected. For a time, thoughts of your loved one will invoke feelings of sadness.

But one day you'll wake up, think of them and smile. It might seem farfetched in this moment, but if you embrace your emotions, that moment will arrive.

Common symptoms of grief

- Crying
- Anxiety and fear
- Difficulty sleeping
- Frustration
- Loss of focus
- Fatigue
- Weight fluctuation
- Digestive issues
- Headaches
- Aches and pains

At times you may feel completely numb and at others you may feel overwhelmed with emotion. Both are normal, and so is every conceivable response in between. *Because there is no wrong way to grieve.*

Your feelings are your own, but you're not alone

We're here to support you

If you're unsure of where to go next, or if you simply need a sympathetic ear, please get in touch. Our trained grief counselors understand the impact of a loss and are here to talk 24/7.



Pet Parent
Grief Line

1-844-472-9588

Additional resources available online include articles on supporting children and the elderly with the loss of a pet, as well as nurturing surviving pets through a loss.



petparentgriefsupport.com



Understanding loss and what happens next

A guide to grief and grieving by pet parents, for pet parents

