

Fear AND GRIEF

UNDERSTANDING THE FEAR THAT
OFTEN ACCOMPANIES LOSS

*You don't have to be afraid
of what you are feeling.*

After someone you love dies, fear often becomes an unexpected companion. You may worry about the future, your health, your finances, your family, or whether you will ever feel okay again.

Fear is a normal response to a world that suddenly feels uncertain.

You are not weak. You are grieving.



Take one
step at a time.
You don't have
to see the whole
path—just the
next step.



UNDERSTANDING FEAR AFTER LOSS

Fear can appear as:

- ♥ Anxiety about the future
- ♥ Fear of another loss
- ♥ Worry about being alone
- ♥ Fear of forgetting your loved one
- ♥ Fear that life will never feel normal again
- ♥ Fear of your intense emotions

*Fear is not a sign that something is wrong with you.
It is often your mind's attempt to protect you
during a difficult season.*



WHY FEAR HAPPENS

- ♥ Loss changes our sense of safety
- ♥ Grief creates uncertainty
- ♥ The future may suddenly feel unclear
- ♥ Your nervous system is working overtime
- ♥ Change can feel overwhelming
- ♥ Fear often grows when we feel alone



GENTLE WAYS TO CALM FEAR

- ♥ Take one day at a time
- ♥ Focus on what is true today
- ♥ Practice slow breathing
- ♥ Reach out for support
- ♥ Spend time in nature
- ♥ Limit overwhelming decisions
- ♥ Create comforting routines
- ♥ Rest when you need to



IT'S OKAY TO...

- ♥ Feel afraid
- ♥ Ask for reassurance
- ♥ Take small steps
- ♥ Have difficult days
- ♥ Need extra support
- ♥ Not have all the answers
- ♥ Focus on today
- ♥ Heal at your own pace



Fear may be
part of your grief
journey, but it does
not have to guide
every step.

*You are stronger
than you realize,
and hope can exist
even in uncertain
moments.*



REMEMBER...

- ♥ Fear is a feeling—not a prediction.
- ♥ You have survived difficult days before.
- ♥ Healing happens one step at a time.
- ♥ You do not have to walk this journey alone.
- ♥ There is still hope ahead.



SMALL STEPS THAT CAN HELP



Write your
worries down.



Talk with
someone you
trust.



Take a
short walk.



Create a
calming
space.



Listen to
soothing
music.



Call
a friend.



Light a candle
in memory of
your loved one.



Focus on one
thing you can
do today.



MOURNING
DISCOVERIES

Compassionate Grief Support,
Education, and Hope.

*You do not have to
walk this path alone.*

