



Anger AFTER LOSS

YOUR ANGER IS VALID. YOUR HEALING MATTERS.

You are not alone in your grief.

After losing someone you love, anger can show up in many ways. You may feel angry at the illness, at unfairness, at others—or even at your loved one.

Your anger is a normal part of grief.

It does not mean you loved any less.

It means you are human.

It's okay to feel angry. It's not wrong. What matters is how you care for yourself and move forward.

UNDERSTANDING ANGER AFTER LOSS

Anger is a natural response to loss, pain, and change.

It can be intense, confusing, and exhausting.

But it is also a sign that what you lost mattered deeply to you.

You are not weak. You are grieving.

Your feelings are real, and it is okay to feel angry.

YOU ARE NOT ALONE

Many people feel anger after loss—even when surrounded by others.

Grief can make us feel powerless and frustrated.

Reaching out, sharing your feelings, and finding compassionate support can help you feel less alone.

You don't have to carry this alone.

HEALTHY WAYS TO WORK THROUGH ANGER



Allow yourself to feel it. Don't ignore or push it away.



Talk about it with someone you trust or a grief support group.



Write your feelings in a journal.



Spend time in nature. Fresh air can help calm your mind.



Practice deep breathing or mindfulness to release tension.



Express anger in healthy ways—like exercise, art, or movement.



Give yourself grace. Healing takes time.

IT'S OKAY TO...

-  Feel angry at the situation.
-  Be angry and still love your person.
-  Have days when anger feels too big.
-  Need space to process your feelings.
-  Ask for help and support.
-  Honor your loved one in your own way.
-  Take small steps forward.
-  Not be okay all of the time.

Anger is a part of your journey, but it does not have to be your destination.

REMEMBER...

-  Your loved one will always be with you—in your heart, your memories, and your love.
-  It is okay to let the anger come and go.
-  Healing is not forgetting; it is carrying love forward.
-  You deserve peace, joy, and happiness again.
-  There is light ahead, even if you can't see it yet.

SMALL STEPS THAT CAN HELP



Send a text to a friend.



Create a comfort space.



Listen to music that soothes your soul.



Plant something and watch it grow.



Look at photos that bring you comfort.



Read something inspiring.



Focus on one moment at a time.



Celebrate their life in your own way.



**MOURNING
DISCOVERIES**

Compassionate Grief Support,
Education, and Hope.

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

