

BEGINNING GRIEF

What to Expect in the Early Days and Weeks After Loss

A JOURNEY, NOT A SCHEDULE

Grief can feel like a storm you never saw coming.
There is no right or wrong way to grieve.
What you are feeling is a natural response
to an unnatural loss.

You do not have to go through this alone.

IT'S OKAY TO TAKE IT ONE DAY AT A TIME.
There is no timeline. Your heart will lead the way.

Your grief is
as unique as
your love.
Be gentle with
yourself.

WHAT GRIEF REALLY IS



Grief is the natural
response to loss.
It is the depth of love
with no place to go.

THERE IS NO RIGHT WAY



You may feel many
emotions or none at all.
They can change from
day to day or hour
to hour.

COMMON EMOTIONS



Sadness, shock, anger,
guilt, fear, relief,
loneliness, numbness,
confusion—these are
all normal.

PHYSICAL SYMPTOMS



Fatigue, headaches,
muscle tension, upset
stomach, changes in
sleep or appetite are
common in grief.

THE GRIEF BRAIN



It can be hard to think,
remember, or concentrate.
This is your brain
protecting you.
Be patient with yourself.

EVERYTHING FEELS OVERWHELMING



Simple tasks may feel
impossible right now.
Give yourself permission
to do only what you can,
when you can.

WHAT YOU NEED MOST RIGHT NOW



- ♥ Gentle support
- ♥ Rest and nourishment
- ♥ Patience and kindness
- ♥ Time and grace

WHEN TO ASK FOR HELP



If you feel stuck,
overwhelmed for weeks,
or unable to care for
yourself, reach out.
You do not have to
do this alone.

Remember This

It is normal
to feel like
you are not
yourself.

You may have
good days,
bad days, or
every emotion
in between.

There is no
right pace.
Your journey
is your own.

Healing
does not mean
forgetting.
It means
learning to live
with the loss.

Love does not
end with loss.
It changes,
but it remains.

*You are allowed to take one moment, one hour, one day at a time.
Breathe. You are doing the best you can.*



MOURNING
—Discoveries—
GRIEF SUPPORT SERVICES

EDUCATE ♥ EMPOWER ♥ ENCOURAGE ♥ HEAL

Compassionate support, resources, and education
to help you navigate grief and discover hope.

You are not alone. Your grief matters. Your healing matters. You matter.