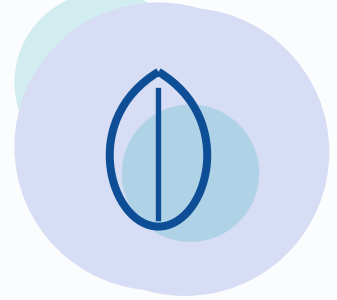


FACT SHEET

Grief & Loss

Grief is a response to loss. It can follow a death, but it can also follow relationship changes, health changes, job loss, identity shifts, or the loss of an expected future.



clear, practical, supportive

WHAT IT CAN LOOK LIKE

- Shock, numbness, disbelief, sadness, anger, relief, guilt, or all of these at different times
- Tiredness, tearfulness, brain fog, disturbed sleep, or changes in appetite
- Feeling disconnected, restless, or unlike yourself
- Strong reactions to reminders, anniversaries, or ordinary routines
- Needing both company and time alone, sometimes in the same day

WHAT CAN CONTRIBUTE

- Sudden, traumatic, or multiple losses at once
- Practical changes that come with loss, such as finances, housing, or role changes
- Low support, conflict, or pressure to “move on” quickly
- Previous losses becoming active again
- Trying to stay strong by avoiding all feelings

Why it matters

- Grief does not move in a straight line; waves and setbacks are common.
- Concentration, motivation, and memory often drop during grieving.
- Your body may carry grief as tiredness, tension, pain, or agitation.
- Healing usually involves both mourning what changed and rebuilding daily life around it.

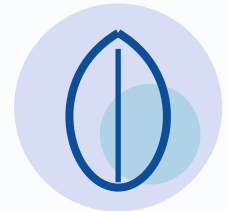
Helpful reminders

- There is no correct timeline for grief.
- Needing support does not mean you are grieving “the wrong way.”
- Simple structure and kindness toward yourself matter while you adjust.

PRACTICAL STRATEGIES

Choose the ideas that feel realistic for you. Small consistent changes usually work better than trying to change everything at once.

- Stay with the basics. Regular meals, hydration, movement, and rest help your body tolerate grief.
- Use small anchors in the day. Getting up, showering, eating, and going outside can create steadiness when everything feels different.
- Give grief a place. Journalling, prayer, quiet reflection, creative expression, or talking to someone safe can help grief move instead of building up.
- Plan for hard moments. Anniversaries, birthdays, and reminders often feel easier when you decide in advance what support you want around you.
- Accept mixed emotions. It is possible to feel sadness, love, anger, relief, gratitude, and emptiness all at once.
- Let practical help in. Grief can make ordinary admin and decisions harder than usual.
- Be cautious with major decisions when possible, especially in the early period of acute grief.
- Reach out if grief is feeling unbearable, isolating, or is affecting safety, substance use, or your ability to function.
- Track what makes the problem better or worse. A short note in your phone or diary can reveal patterns you can actually use.
- Aim for steady progress, not perfection. Review what helped this week and keep the plan realistic enough to repeat.



TRY THIS TODAY

Start with one small, achievable step.

- Choose one supportive person you can update honestly this week.
- Plan one gentle ritual that helps you feel connected or grounded.
- Lower expectations and focus on the next small task, not the whole future.

WHEN TO GET EXTRA SUPPORT

- Grief feels unbearable or increasingly isolating.
- You are struggling to function in daily life for a sustained period.
- You are using alcohol, drugs, or unsafe behaviours to get through.
- You are having thoughts about not wanting to be here or feel unsafe.