

Grief & Loss

Making space for grief while staying connected to daily life and meaningful support.

Grief is not linear

Grief can include sadness, anger, guilt, relief, numbness, yearning, confusion, fatigue, and changes in identity. Reactions often come in waves rather than predictable stages.

Common grief needs

- Permission to remember and talk about the person, role, relationship, or future that was lost.
- Practical support when concentration and energy are reduced.
- Ways to maintain connection, ritual, or meaning.
- Flexibility around anniversaries, reminders, and unexpected grief waves.

Coping ideas

- Name the wave: "This is grief showing up right now."
- Use a small ritual such as lighting a candle, visiting a meaningful place, writing, or sharing a story.
- Maintain basic routines without expecting normal productivity.
- Ask for specific help rather than hoping others will know what you need.
- Allow both grief and moments of enjoyment; one does not cancel the other.

When support may help

Therapy can provide space for complicated emotions, identity shifts, traumatic aspects of loss, unresolved relationship issues, and the challenge of rebuilding life around what has changed.

Try this reflection

What part of the loss feels most present right now: missing the person, changed routines, changed identity, unfinished business, or fear about the future?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.