



HOME FOR GRIEF

coping with grief

- 01 let your feelings come, and let them out.
- 02 tend to eating, sleep, and small routines.
- 03 talk about the loss with someone who feels safe.
- 04 write or reflect, a journal holds what words cannot say out loud.
- 05 hold off on big decisions while grief is raw.
- 06 reach out for support, a trusted person or a counsellor.
- 07 allow yourself time to mourn, no clocks.
- 08 treasure and honour their love, memory is a kind of love.
- 09 spend time in nature, it has a quiet way of helping us heal.
- 10 be patient with yourself, healing isn't linear.

*there's no right way to grieve. take a breath. you are
safe here.*

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