

Coping with Loss: Practical Tips for Navigating Grief

Losing someone or something important to you is never easy, and grief is a deeply personal experience. While there's no right way to grieve, these tips may help you navigate the journey at your own pace.



Finding Strength in Grief

- **Hold onto your sense of purpose:** A strong sense of purpose can help guide you through loss. It may take time, but reconnecting with what gives your life meaning can be a source of resilience.
- **Grief is personal:** There's no 'normal' way to grieve—everyone experiences loss differently. Allow yourself to grieve in a way that feels right for you.
- **Healing takes time:** Adjusting to loss doesn't happen overnight. While grief may feel overwhelming now, know that recovery is possible, even if it happens slowly.
- **Your emotions are valid:** Grief can bring intense emotions—anger, sadness, guilt, even confusion. These feelings are a natural part of the process and don't mean you are losing control.
- **Grief can feel isolating:** You may feel alone in your loss, but chances are others around you are experiencing similar emotions. Connecting with someone who understands can help ease the loneliness.

Giving Yourself Grace

Allow yourself to:

- Feel your emotions, whatever they may be.
- Ask for support when you need it.
- Say 'no' if something feels too overwhelming.

Take time to:

- Seek comfort in those who support you.
- Honour your loss in ways that feel meaningful.
- Consider your options before making big decisions.
- Be kind to yourself as you heal.

To book an appointment with one of our counsellors, call or scan the QR Code



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