

BEYOND SURVIVAL

Principles of Healthy Grieving

T Take time to mourn your loss in its totality. Allow yourself to slow down. Go back to the basics of taking care of yourself.

H Honor your grief. Recognize and respect how it is showing up. Give yourself the attention and care you and your grief deserve.

R Release judgment and expectations. Grief has no rulebook or timeline. Everything you feel is valid. Quiet your internal “shoulds,” and allow yourself to just be.

I Integrate grief into your life. Figure out what helps you express emotions, regulate your nervous system, and connect with your loved one. Build those activities into your lifestyle.

Examples: Journaling, therapy, exercise, prayer, meditation, art, etc.

V Vocalize your feelings and ask for the support you need. Talk about it! It is not only cathartic, but it can help you process your new reality.

E Engage with people who make you feel understood and supported. Connection and community decrease feelings of isolation and can contribute to more impactful healing.