

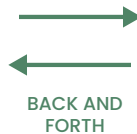
Grief & Change

Gentle reflection pages for living with loss: a death, a breakup, a move, a health change, or a chapter of life that has ended.

Grief rarely moves in neat stages. Many people find they swing back and forth between **facing the loss** and **getting on with daily life**. Grief researchers see that movement, and the breaks in between, as a healthy part of grieving, not a sign you're doing it wrong.

Facing the loss

- Crying, missing them, looking at photos
- Feeling anger, guilt or regret
- Thinking about what's changed



Rebuilding daily life

- Learning new tasks and routines
- Trying new things or new roles
- Taking a break from grief: friends, a walk, a show

Turning toward the loss

- What do I miss most right now?
- What do I wish I could say, or wish I had said?
- What has been hardest this week?

Turning toward life

- What has helped me get through a hard day lately?
- What's one small thing I did for myself this week?
- Who can I lean on, and what would I ask them for?

Carrying it forward

- What do I want to keep from this person, place or chapter?
- What has this loss shown me about what matters to me?
- How might I honour it on the hard days and dates ahead?

Try a letter. Some people find it helps to write a letter to the person, place or part of life they've lost: what you're grateful for, what you're angry about, what you want them to know.

Dear _____

Need help right now? If you or someone else is in immediate danger, call 911 or go to your nearest emergency department. Call or text 9-8-8 (Suicide Crisis Helpline, 24/7). Under 18? Call Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868.

This is an educational self-help tool. It is not a diagnosis, and it is not a substitute for care from a regulated health professional.

Where this comes from: The back-and-forth between facing the loss and rebuilding daily life comes from the Dual Process Model of coping with bereavement: Stroebe & Schut (1999), *Death Studies*, 23(3), 197–224. "Carrying it forward" prompts draw on meaning-making approaches to grief (Neimeyer, 2001), *Meaning Reconstruction and the Experience of Loss*. Prolonged grief disorder is recognised in ICD-11. Prompts are original to Clover Counselling.

My week: finding the balance

Each day, tick whether you made some room for your grief and some room for daily life or rest. There's no perfect mix. The point is to notice if you're stuck on only one side for a long time.

Day	Time with my grief	Time with life or rest	A note to myself
Monday	☐	☐	
Tuesday	☐	☐	
Wednesday	☐	☐	
Thursday	☐	☐	
Friday	☐	☐	
Saturday	☐	☐	
Sunday	☐	☐	

Grief can show up as...

- Sadness, longing, or waves of tears
- Anger, guilt, or even relief
- Numbness or feeling far away
- Trouble sleeping, eating or concentrating
- Aches, tiredness, getting sick more often
- Waves set off by dates, songs or places

All of these are common. Grief has no timeline.

When to reach out for more support

For some people, grief stays very intense and gets in the way of daily life for a long time. That's sometimes called prolonged grief, and it responds well to support. Talk to a professional if you can't manage day-to-day tasks, you're leaning on alcohol or other substances to cope, or you have thoughts of not wanting to be here. If you're in crisis, use the numbers below.

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