



Be kind to yourself

There is no correct way to grieve, this is a different process for everyone so don't let others make you feel bad for not grieving in the way they feel you should.

Grief takes time

Grief is something you will live with the rest of your life and can be managed rather than overcome. There's no set time for how long grief will last and it's ok to still be impacted years later.

Talk to others

Talking to friends and family can make you feel less alone in your grief and can be a good outlet for your feelings.

Recognise grief triggers

Certain dates like anniversaries and birthdays can make the grief feel overwhelming again. Try to prepare for this by being kind to yourself that day and doing what you need to do to feel ok, whether this involves spending some time alone to reflect or seeing other people as a distraction.

Face your feelings

Sometimes it can feel like not dealing with difficult feelings like grief will make them go away but if feelings aren't processed properly, they can become worse. If you're not able to do this alone a counsellor or other mental health professional could help with this.

