

Grief Guide

*"Wishing you strength for today,
and hope for tomorrow."*

Losing someone you love is one of the most difficult experiences a person will endure. What occurs afterwards will often depend on the nature of the loss and will differ from person to person. You may not be aware of all of the ways people respond to loss. Many of these experiences are common and may help shed some light on what you or others might be going through.



MEMBER
Order of the
Golden Rule

5 Things You May Not Know About Grief:

- 1. Grief comes with several emotions.** When a person grieves they may feel a flood of emotions, sometimes all at once, sometimes in waves. You may feel emotions ranging from anger and guilt to relief and emptiness and many more. These feelings are normal; however, it is important to seek help if your loss becomes too difficult for you or a friend/family member to bear alone.
- 2. Grief affects you physically.** People often experience physical symptoms when they experience a loss. This means you may feel tired, disoriented or tense and have trouble doing simple tasks like checking the mail or cooking.
- 3. Grief has no timeline.** People deal with loss in their own time. No one ever truly gets over losing someone they care for, but over time people accept the reality of the situation and are able to regain a sense of their current life without their loved one. Remember that your heart has no calendar. It only knows that it has loved and lost.
- 4. You may feel like you're losing control.** Often times, losing a loved one can be so overwhelming that you may feel a sense of chaos has taken over your life. It is important to embrace your emotions and do things at your own pace.
- 5. There is no correct way to grieve.** You may find yourself talking to those you have lost as if they are still here, holding on to their belongings, listening to their favorite songs, or replaying memories of them in your head. It is okay for you to process your grief in your own time and in your own way, as long as it is not harmful to yourself or others.

YOUR LOGO HERE



Take your time while dealing with grief, and keep in mind that there is no right or wrong reaction when coming to terms with a loss. If you, a friend or family member is having a difficult time, visit www.ogr.org/grief-support for information on grief services and support.



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