

PROVIDED BY

YOUR LOGO
HERE

GRIEF *Matters*

Compassionate support through the first year of grief

3 MONTHS AFTER LOSS

A few months after a loss can feel like a strange time. Now you may really be feeling the pressure to “get back to normal,” even though you may still feel intense grief. Getting back to everyday, regular life—work, activities, and being social—might seem overwhelming.

You may be feeling alone in your grief journey as friends and family no longer grieve beside you. Around this time, you may start to question yourself more harshly. “*Why is everyone else moving on? What’s wrong with me? Shouldn’t I feel better by now?*” These thoughts can be discouraging when part of you feels like you’ll never be better again.

A few short months is very little time to process a big loss. If you don’t feel like you’re making progress in your grief journey, it’s easy to be frustrated with yourself on top of all your other feelings. Be patient with yourself as you grieve. Remember, grief is a process, not an event.

“Grief is not something you complete, but rather, you endure. Grief is not a task to finish and move on, but an element of yourself—
an alteration of your being.”

—Gwen Flowers



YOUR FEELINGS OF GRIEF NOW

Grief can make you feel like you're going in circles or even moving backward. This is completely normal and is actually a sign you are making progress. Some feelings you might be revisiting now are listed below.

Sorrow

This period is when the quiet, lasting absence of the person can be felt most deeply. As daily routines resume and milestones pass, the absence of your loved one may feel heavier. Sorrow can bring tears, fatigue, or a lasting ache—a sign of your love as you adjust to life without the person.

Depressed

Symptoms of depression may start a few weeks after a loss and can last for many months or more. As you find your “new normal,” you may feel more depressed, like your new normal is to never be happy again. Reach out if you're struggling. We're here to help you find the support you need.

Irritable

As the reality of the loss sinks in, small frustrations may feel bigger—you might snap at others or lose patience easily. Irritability is common and often reflects deeper feelings of sadness, helplessness, or feeling misunderstood, especially when support has faded but the pain remains.

Resentful

You may resent others for seeming to “move on,” for not being there for you, for not holding space for your grief, or you may even resent the person who died. These feelings are normal, but if left unprocessed, they can delay healing. Acknowledge and talk or write about these feelings.

Note your symptoms in a journal, grief assessment, or simply reflect on them. Acknowledging your emotions can help you process grief. Consider talking to a trusted care team member, friend, family member, or counselor.

Processing the pain of grief

At this point in your grief journey, you may already have started addressing one or more of the “tasks of grief,” listed below:

- **Accepting the reality of the loss**
- **Processing the pain of grief**
- **Adjusting to the world without the person**
- **Finding ways to honor the person and maintain an enduring connection**
- **Seeking out new activities and relationships and planning for the future**

As the quote on the front page says, “grief is not a task to finish and move on.” You may still be working on accepting the loss, or you may be working on tasks further on in the list. How you follow the tasks of grief is very fluid and unique to you.

This newsletter will focus on things to help you process the pain of grief. If you're not quite ready to focus on this yet, that's okay. Just save this information for whenever you're ready.

Find positive and healthy outlets:

- **Be in nature.** Sit or take a walk outside, feel the sun on your face, or put your feet on the grass. Choose a place that reminds you of the person or a place that allows you to sit in quiet reflection.
- **Share memories of your loved one with others** and invite them to share their stories, too. Meet up with friends in person or post on social media.
- **Express your feelings** through journaling, art, music, or any creative outlet that you enjoy.
- **Talk out loud to your loved one.** Say what's on your mind, give updates about your day, or say their name aloud. This isn't the same as pretending the person is still alive—it's about continuing your bond, even after death.
- **Go through the person's things** when you're ready. There's no set timeline—some people do this right away, others need years. For some, each item carries memories, making this one of the most emotional parts of grief. If the person had a lot of belongings, ask friends and family for help.

“Sometimes, grief feels like starting over—like the moment you accept it is also the moment it changes.”

—Megan Devine,
author of *It's OK That You're Not OK*

Connect with others. A few months after your loss, you may be feeling less raw, and it might be easier to think about connecting with friends and family again. Social connection is an important part of processing your pain.

- **Lean on your support network.** Focus on people and groups who offer comfort and understanding, and seek new connections that meet you where you are. If some people feel distant or less supportive, try not to take it personally.
- **Plan simple, low-effort outings** to ease back into social life. Invite a friend over to catch up, or go out for coffee or tea. Find calm, peaceful places for quiet reflection. Go for a walk or take a drive to get out of the house and feel movement.
- **Consider joining a support group** for those who are going through a similar loss. Building relationships with people facing the same type of loss can be therapeutic. Contact us for information about grief support groups.

Try something new. A few months after a loss may be a good time to try out new things that can bring comfort, purpose, distraction, or a fresh outlook. Some ideas include:

- Start a new hobby
- Start a new TV show
- Take a new class
- Try a new recipe
- Walk a different route
- Take a trip

Choose something low-pressure and manageable. Explore new things with curiosity, rather than trying to master them. This won't erase the pain, but it can remind you that life still holds possibilities.

Focus on your physical and mental health.

Grieving is exhausting work, emotionally and physically, and it can have a big impact on your body. Focus on getting enough sleep, staying active, eating healthy, and drinking water to help support your emotional recovery.

If you're in therapy or on medication, continue as prescribed. If not, consider options like talk, art, music, or pet therapy. Being in therapy is not a sign that something is “wrong with you.” It's a helpful tool for healing that can benefit everyone.

Schedule breaks. Rest is a must when you're grieving. Staying busy might offer an escape, but filling every moment with tasks can make grief harder to face later. Schedule quiet time each day to rest and recharge. This could include anything that allows your mind and body to rest, such as:

- Meditating
- Sitting in a quiet space
- Taking a nap
- Cuddling a pet or toy
- Drinking hot tea
- Watching calming TV
- Reading
- Taking a warm bath

If you can't seem to relax, take a moment to check in with yourself. Ask these questions:

1. **What are three emotions I feel right now?**
2. **Is there something I can do today to address one or more of these feelings?**
3. **What is one small thing I can do right now to bring myself some comfort?**

If there's something you can do to address your feelings that won't overwhelm you more, go ahead and do it. If not, just noticing how you feel can help you be more in tune with yourself.

How you process the pain of grief is personal to you. If you're feeling overwhelmed, please reach out—we're here to help. There's no shame in needing support. We walk alongside grieving families every day, and it's our privilege to support you on your journey.



We're here for you.

We provide grief support services to families up to 13 months after a loss, but you don't have to receive hospice services to receive grief support. Our programs are available to *all* members of our community. Contact us for more information.

1-800-123-4567 | info@domain.com

Your custom content here.

Add a message from administration or the bereavement team, upcoming events, support group schedules, photos, and more. Or submit artwork for the full back page ad: 8" x 10.5" print area. Graphic design services are available for \$60/hour.

YOUR LOGO
HERE

Street Address, City, ST ZIP | www.website.com