



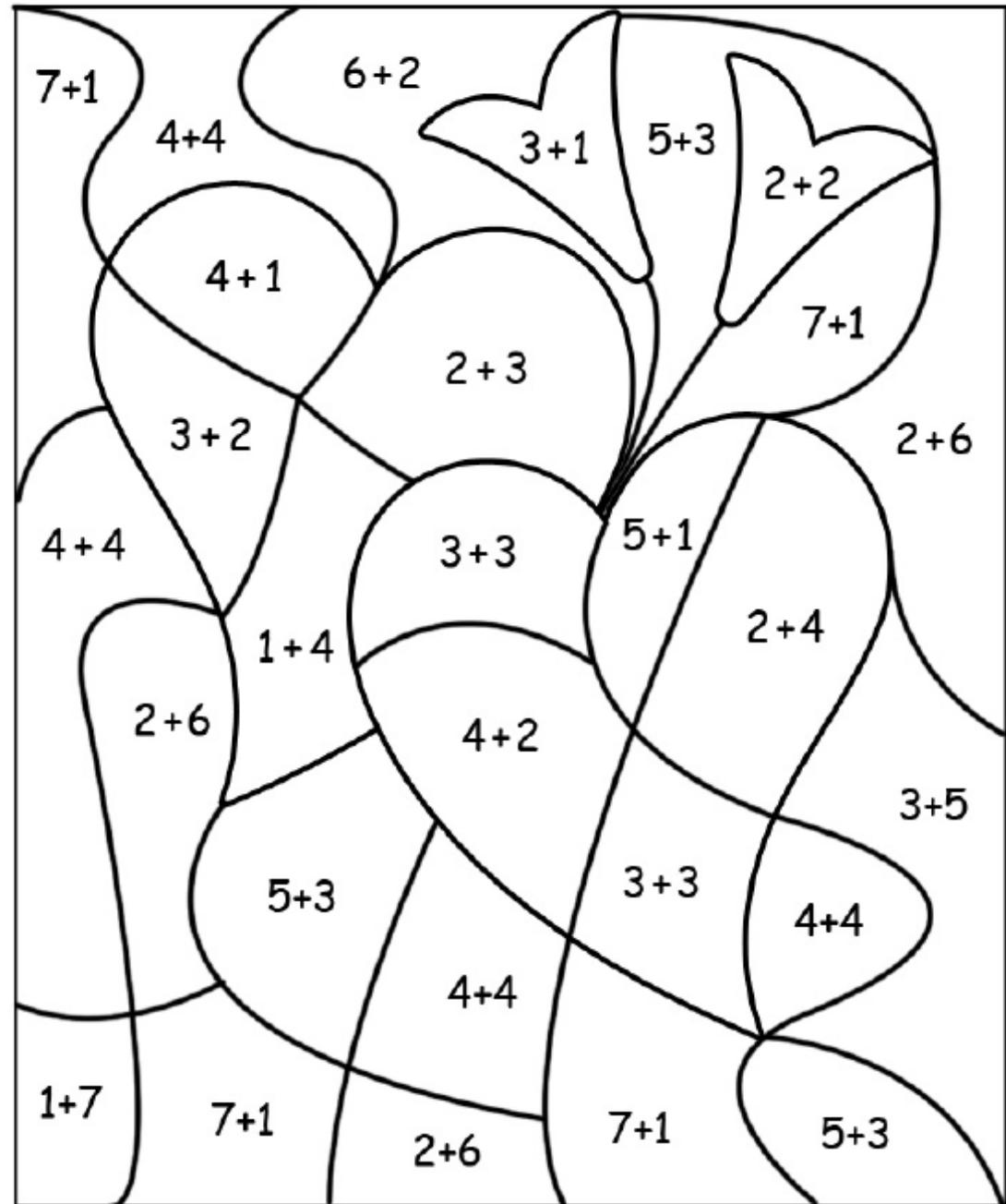
HOSPICE
RED RIVER VALLEY

The Mourner's Guide to Grief

The below list is a guide of practical tips on how to claim your grief and grow into it:

- Your grief is your grief. No one else has your personality, your relationship or your grief.
- Your grief may surprise you. Grief sometimes affects us most when we least expect it.
- Your grief can affect your health—emotional, mental and physical health. Pay attention to your whole self and ask for help when needed.
- Your grief may be quiet or loud. Grief may want personal space and silence: silent tears or simply time to think and remember. Or, grief will want to rage and scream. Trust both emotions and give them space.
- Your grief may be a spiritual journey. Embrace your spirituality whether strength is found in faith, nature, family or activities. Choose spiritual companions who understand your need for sharing or silence.
- Your grief can be confusing. Your emotions will run the gamut from sadness to fear to confusion to guilt to joy. They are your feelings. Claim them and share them as you're comfortable.
- Your grief may long for ritual. Memorial services and funerals are paths to healing for many. Rituals also provide a space for others' grief and comfort.
- Your grief needs memories. Honor your loved one by honoring the memories. Find a way to embrace and record your loved one's story.
- Your grief is part of you. Healing is not about getting over your grief. Rather, healing equips you for your life with grief. Healthy grieving equals healthy living.

Color By Number – HEARTS



5 = Pink

8 = Yellow

4 = Purple

6 = Red