EMPOWER & THRIVE COUNSELING

Coping With Grief & Loss

Understanding grief and finding compassionate ways to care for yourself.

A gentle reminder: This resource is for education and reflection. You can skip any prompt that feels uncomfortable, and you do not need to complete everything at once.

Grief is not one-size-fits-all

Grief may follow a death, separation, health change, lost opportunity, or another meaningful change. It can include sadness, anger, numbness, relief, guilt, confusion, or moments of joy. There is no single correct sequence or timeline.

Grief can affect your whole self

Changes in sleep, appetite, concentration, energy, and social connection can occur. Some days may feel manageable and others unexpectedly difficult, especially around anniversaries or reminders.

Making room for both loss and life

It can help to move between acknowledging the loss and tending to daily responsibilities, relationships, or restorative experiences. You do not have to choose between remembering and moving forward.

Connection and support

Consider who can listen without trying to fix things. You may want company, practical help, space, a ritual, or a conversation about the person or experience you miss.

Honoring what matters

Meaningful rituals might include writing a letter, keeping a memory, creating something, visiting a place, or carrying a value forward. Choose what feels right for you.

Grief does not have to follow stages or a deadline. If it becomes difficult to function or you feel persistently unsafe, consider additional professional support.

YOUR REFLECTION WORKSHEET

Putting it into practice

Use these prompts to notice patterns, identify what helps, and choose one manageable next step.

What am I grieving, and what has changed in my life?

What emotions or physical sensations have I noticed recently?

What memory, value, or connection would I like to honor?

What kind of support would feel helpful this week, and whom could I ask?

If your distress feels unmanageable or you are concerned about your safety, reach out to a trusted professional. For immediate danger, call 911. In the U.S., call or text 988 for crisis support.