

What You Can Do for a Grieving Person

- Listen without judging
- Give encouragement
- Answer questions honestly
- Encourage remembering
- Be patient



Grieving People Need

- Security and safety
- To be heard
- Hope and support

Concerned About Someone?

Give them this brochure with
your highlights.

Offer your help and support.

You can come back to a
renewed life. If you feel stuck
in your grief, **get help.**



For Help

Contact **HopeWorks** at
860.561.1175, ext. 700
or email us at
hopeworkscentral@snet.net

or

The Cove @ 230-634-0500,
go to www.covect.org

or

Call a trusted friend, health care
professional, or clergy person



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Experiencing Grief and Loss

*You cannot prevent the birds of
sorrow from flying over your head
but you can prevent them from
building nests in your hair.*

Chinese proverb



90 North Main Street
West Hartford, CT 06107
860.561.1175

Email: hopeworks@snet.net
www.hopeworkscentral.org



*Providing hope and help to
young people and their families
through counseling and
education*

Have you experienced a major loss of a relationship, loved one, pet or lifestyle due to layoff, divorce or death?

Grieving can feel like a roller coaster. You will have good days and tough days.

While grieving, you may experience:

- Denial
- Sadness
- Guilt
- Self-pity
- Anger

These are all normal.



You May Also Experience

- Emotional numbness
- Hypersensitivity
- Anxiety/fearfulness
- Confusion
- Loneliness
- Change in sleeping patterns
- Loss of appetite
- Changes in school or work performance
- Exhaustion
- Poor concentration

Hope is grief's best music.

Anonymous

What You Can Do if You are Grieving

- Talk about your loss.
- Don't isolate yourself - identify and use your supports.
- Identify your needs and allow yourself to ride out the ups and downs of grieving.
- In memory of your loss, do something positive. Write a story, song or poem. Plant a tree. Reach out to others.



Reinvest your energy in your life.

*Acceptance
of your loss only happens
if you allow yourself
to move and grow through
your grief.*