



Coping With Loss

Losing someone or something important to you is never easy, and grief is a deeply personal experience. While there's no right way to grieve, these tips may help you navigate the journey at your own pace.

Know that Grief Can Feel Like a Rollercoaster: Grief is a mix of emotions—anger, sadness, confusion. These feelings are normal.

Take Time for Yourself: Allow space for solitude, support, rituals, and self-care. Healing takes time—give yourself that time.

Communicate Your Needs: Friends and family want to help but can't read your mind. Forgive awkwardness and ask for what you need.

Honour Your Journey: Recovery is personal and takes longer than others may expect. Listen to your own needs, not outside opinions.

Keep a Journal: Writing helps process emotions and track progress, even when you can't see the light yet.

Give Yourself Permission: It's okay to feel messy, ask for help, have good and bad days, and say "no" when needed.

Be Kind to Yourself: Treat yourself as you would a friend—take a walk, read, watch a movie, or plan a short getaway.

Seek Professional Help if Needed: There's no shame in asking for support. Counselling can help when grief feels overwhelming.

Grieve Your Way: Everyone grieves differently. There are no rules—do what feels right for you.

Hang In There: It may feel impossible now, but you will get through this.

Helpful resources:

Lifeline: 13 11 14

Grief Australia: <https://www.grief.org.au/>

My Grief Assist: <https://www.mygriefassist.com.au/>



SCAN FOR MORE TIP SHEETS

