



*You may have noticed that others around you have possibly moved forward, but please remember it's okay to still feel grief and grieve in your own way. Our grief counselors are here to help you with any of your bereavement needs. If you have any requests or concerns, we are just a phone call away.*

Take a breath and step back for a moment. What does your life look like now? Allow yourself to feel good about how far you've come on this journey and the grief work you've done so far, even if it doesn't feel like much. If you have not considered it or weren't ready a few months ago, perhaps now is the time to check out that support group or call our counselor. Sharing with others (or an individual counselor) in a group or class about your loss can be cathartic and validating; you never have to be alone when walking through grief.

You may want to tell a friend or family member a story about your beloved. Set a date in the future with these folks and eat at your person's favorite restaurant or make their favorite meal; come together and make it a time to share memories. There may be tears, but you will find joy as well.

You may be experiencing a wide range of emotions, like anger, anxiety, sadness, frustration, guilt, loneliness, relief, happiness; these are all perfectly normal reactions to your loss. The good news is they will lessen over time. At the anniversary of your loss, your loved one's birthday, or at a special holiday/celebration, you may also be surprised to experience similar emotions to the ones you experienced at the instance of your loss—this is normal too.

Sometimes grief is two steps forward and one step backward; it is not a staircase we climb, but rather a roller coaster with many unexpected dips and turns—this is a normal feeling. Remember that our bereavement team is here to support you in whatever capacity you are comfortable with.

*Walking with you,*

-Bristol Bereavement Team