

Grief Support Guide

A gentle guide for navigating loss while carrying work and everyday responsibilities.

1. Grief is not one state

Grief can include sadness, anger, numbness, guilt, relief, anxiety, confusion, exhaustion, or moments of ordinary functioning.

2. Reduce pressure where possible

Identify what can be simplified: deadlines, meetings, social commitments, decisions, or emotional labour.

3. Create small anchors

Eat something simple, step outside, respond to one message, attend one appointment, or write down what you need today.

4. Consider counselling

Counselling can provide a private place to speak honestly about loss, complicated feelings, workplace pressure, family dynamics, or trauma.

What I need today is:

This resource is educational and not a substitute for crisis, emergency, medical, or individualized clinical care. If there is immediate risk, seek urgent support.