

Coping with the Loss of a Pet

Support and Strategies for Grieving Pet Owners

MANISTEE VETERINARY HOSPITAL
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Understanding Pet Loss Grief

01

Understanding Your Grief

- Losing a pet can trigger deep emotional pain, similar to losing a loved one.
- Allow yourself to feel sadness, anger, or even guilt—these are all normal reactions.

02

Coping Strategies

- Talk to friends or family who understand the bond you shared.
- Consider joining a pet loss support group for shared experiences and comfort.

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Taking Care of Yourself

- Maintain healthy routines, such as eating well and getting enough rest.
- Engage in activities that bring you peace, like walking or journaling.

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Honoring Your Pet

- Create a memorial or scrapbook to celebrate your pet's life.
- Share stories and memories to keep their spirit alive.

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Seeking Additional Support

- If grief feels overwhelming, consider speaking with a counselor or therapist.

Healthy Ways to Cope



Acknowledge Your Grief

- Permit yourself to feel and express **sadness, anger, or guilt** after your pet's loss.



Create Meaningful Memorials

- Hold a ceremony, make a scrapbook, or plant a tree to honor your pet's memory.



Prioritize Self-Care

- Maintain healthy routines, eat well, and get rest to support emotional healing.



Seek Support Networks

- Reach out to friends, family, or pet loss support groups for comfort and understanding.

Moving Forward with Compassion



Honor Your Grieving Process

- Allow yourself to feel and express emotions without judgment
- Understand that healing takes time and looks different for everyone



Find Purpose Through Helping Others

- Consider volunteering at animal shelters or supporting pet charities
- Helping other animals can bring comfort and a renewed sense of connection



Cherish the Bond You Shared

- Create a memory box or photo album to celebrate your pet's life
- Remember, moving forward means carrying their love with you
- Add your pet to our Memorial Page, tell us about them.

MVH Memorial Page

At Manistee Veterinary Hospital we realize the importance of Honoring and Remembering your Pet.

Share a Photo or short Video to memorialize your beloved Friend.

Honor and Remember

- Add a **memorial** photo to celebrate your pet's life on our website.
 - Share a short story to keep their spirit alive.

<https://manisteeveterinaryclinic.com/>

