



BroknOpen

NOT YOUR AVERAGE THERAPIST

Grief Coping Quick Guide

A simple overview of how grief can show up and what can help.

Grief is not linear. It can affect your thoughts, emotions, body, and daily life in different ways.



1. Common Grief Responses



Emotional

- Waves of sadness, anger, or numbness
- Guilt, worry, or feeling overwhelmed
- Relief, longing, or mixed emotions



Physical

- Fatigue, low energy, or body aches
- Changes in sleep or appetite
- Tension, headaches, or tight chest



Cognitive

- Trouble concentrating or remembering
- Racing thoughts or negative thinking
- Confusion, forgetfulness, or doubt



Behavioral

- Withdrawing or isolating
- Changes in routines or motivation
- Avoiding reminders or overdoing tasks



2. Types of Grief



Anticipatory Grief

The grief that happens before a loss, while preparing for a future change.



Ambiguous Loss

The pain of a loss that is unclear, uncertain, or without closure.



Secondary Loss

Additional losses that occur because of the primary loss.



Disenfranchised Grief

Grief that is not recognized, validated, or openly supported by others.



3. What Can Help



Emotional Support

- Allow your feelings without judgment
- Talk to someone you trust
- Consider professional support if needed



Body Care

- Prioritize sleep, hydration, and nutrition
- Move your body in gentle ways
- Practice slow breathing or relaxation



Social Support

- Reach out—connection heals
- Accept help when it's offered
- Spend time with supportive people



Grounding / Spiritual Care

- Spend time in nature or quiet moments
- Journal, meditate, or pray as helpful
- Engage in values, rituals, or kindness



4. Pause and Check In



What am I feeling most today?



Where do I notice grief in my body?



What support do I need right now?



What is one gentle thing I can do today?



Hard truth: grief does not follow a neat timeline. Support can still help you carry it.

Educational and reflective resource only. Not therapy, diagnosis, or crisis care.

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