



Grief and Loss Checklist

1. Everyone grieves in their own individual way. Some may be more expressive, some less. No right or wrong way.
2. It's not about moving on from grief. It's more about moving through. Love never dies. You will not forget. However, processing your grief means letting go and releasing the negative emotions that are causing pain.
3. Grief takes time to process. The more consciously you do, it the better.
4. It helps to get to a state of being willing to accept the reality of your current situation.
5. Social support is extremely important – so you feel heard, understood and listened to. Quality over quantity. Ask for help from professionals if you need to. We can't always do it on our own. And you shouldn't expect yourself to do so.

Would you benefit from one of these grief programs?

Yes – if 2 or more of these are true for you.

- Your loss occurred more than 4 months ago.
- You feel you are struggling with grief.
- You are feeling anger, guilt, self-blame and other negative emotions (other than grief and sadness).
- You cannot talk to others about your loss without being emotionally overwhelmed.
- You are experiencing high stress and problems in coping with daily life.
- You are experiencing many symptoms – such as problems sleeping, eating, focusing, thinking etc.
- You experienced one or more major losses in the past that you feel you have not mourned for, or more recent losses have stirred up past losses.
- You try to avoid thinking about your loss through drug taking and alcohol, isolating yourself, or through just being in survival mode.
- You feel isolated and could benefit from a structured support program.

To find out more about New You Creations supported online grief programs go to newyoucreations.com/our-courses/