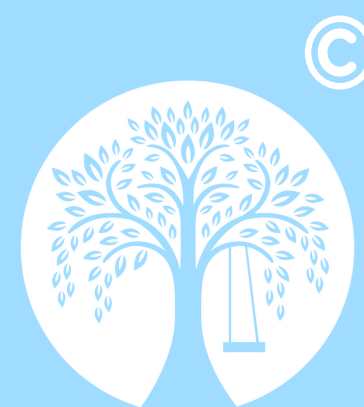
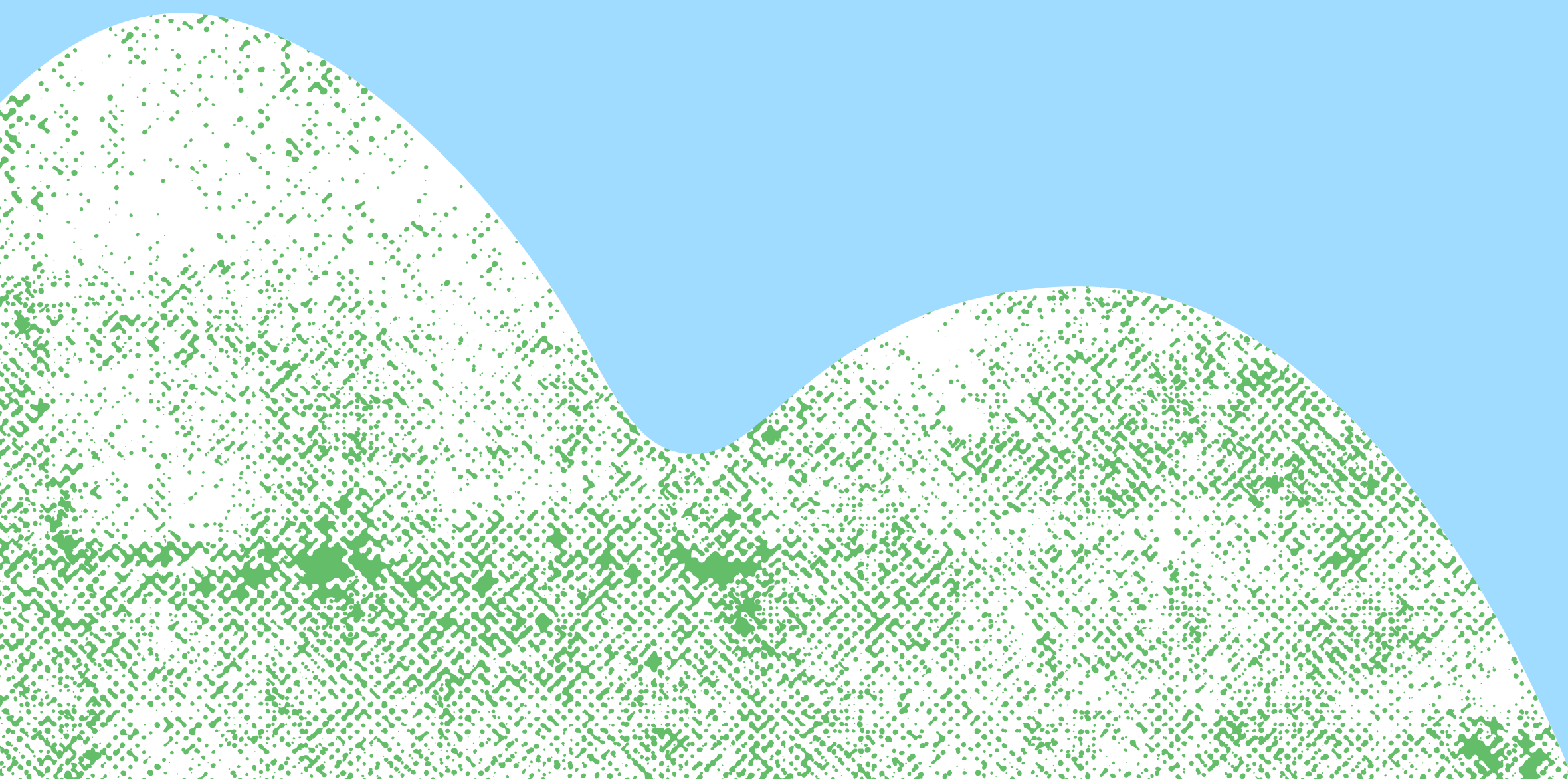
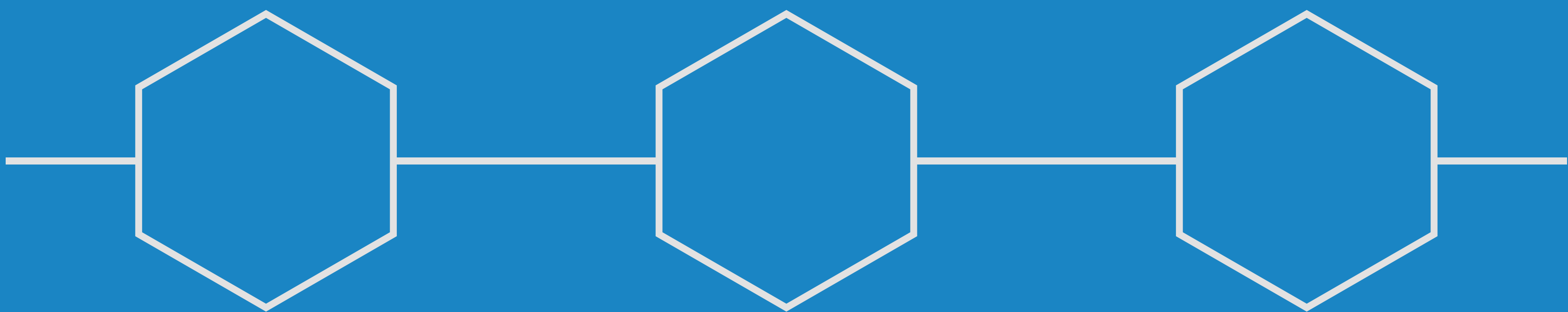


WHAT IS THE CONDITION OF YOUR GRIEVING HEART TODAY?

Place a hand over your heart and listen



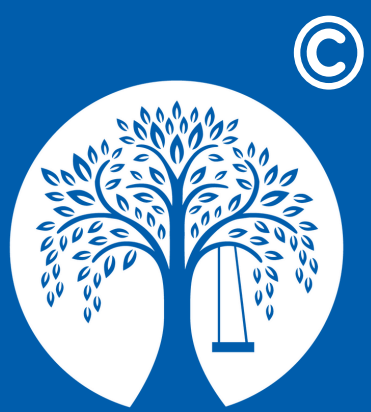
your grief



#yourgriefyourway

is on its own timeline





It's okay to tell the truth
about your grief

"I'm grieving...."

"Every day feels different."

"I am really struggling."

"I miss how things used to be."

"I don't feel like myself."

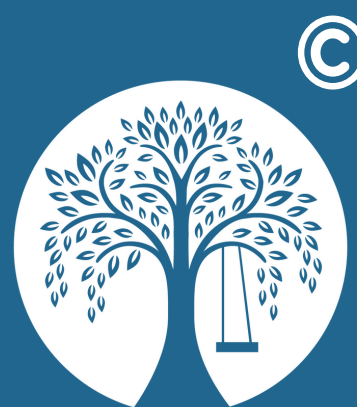
"I feel angry at times."

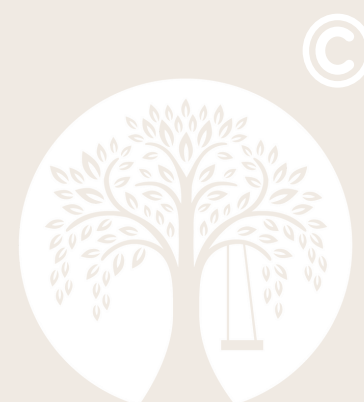
"My future has changed."

"I'm tired of giving fake smiles. I
just need to be sad right now."

"I'm just trying to take things one moment at a time."

TO GRIEVE
IS TO BE
HUMAN.





MAY THE
FLOWERS
REMINDE US
WHY THE RAIN
WAS SO
NECESSARY

-xan oku

Ways to help a friend who is grieving

1.

Try not to fix your friend's grief, rather just be there to listen

2.

It's okay to say their person's name out loud

3.

Write them a letter or draw them a card to express your feelings

Most importantly, just be you!
It's okay not to know exactly what to say.

- Willow House can help with more ideas -





WHAT TO SAY TO A FRIEND WHO IS GRIEVING

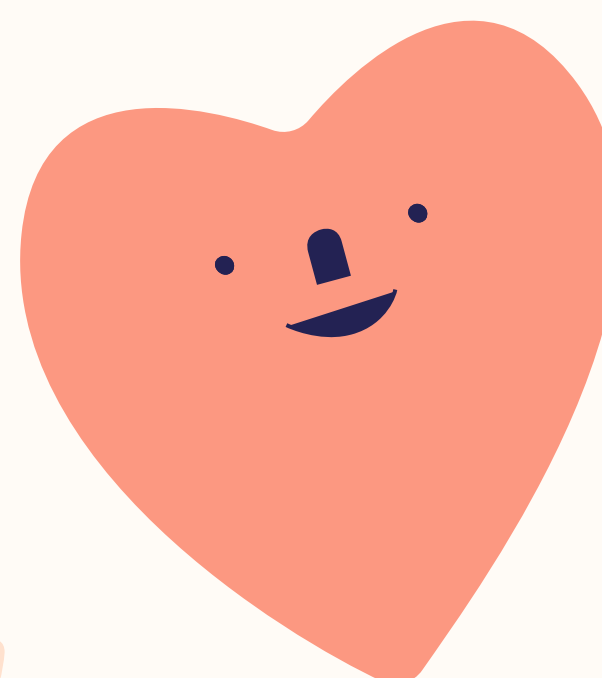
"I'm Sorry to hear your
mom/dad/brother/sister
died"



"I'm not
sure what
to say but
I want you
to know
that I
care."



"I'm here
for you if
you want to
talk or not
talk."



"What
are things
you do
that help
when you
feel
sad?"



i can move back and forth, back and forth....up and down, up and down

Listen to my person's favorite music

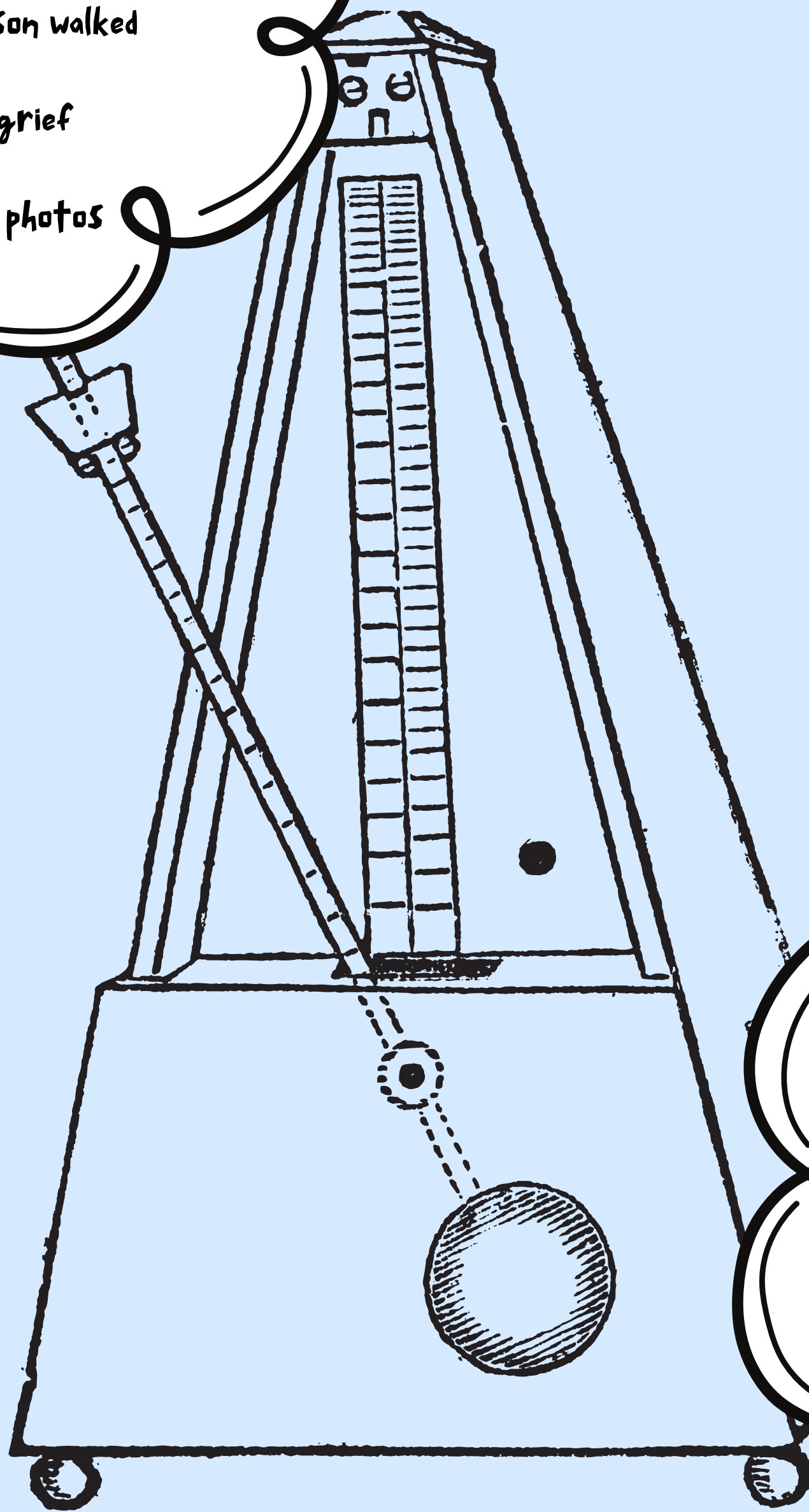
talk to my person

write a letter to my person

walk where my person walked

reflect on my grief

Look at favorite photos



Do my homework

Read a book or watch my favorite movie

Make new friends

Learn something new

Laugh and play

