

## WHAT IS GRIEF?

Grief is:

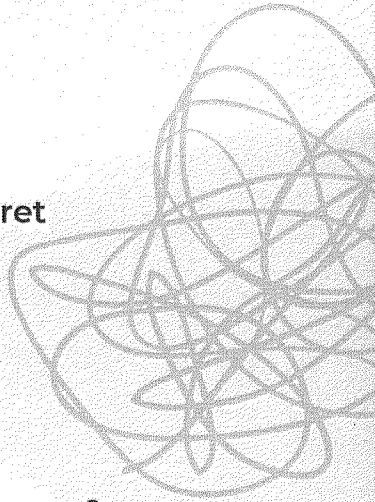
- A natural response to loss
- Personal and different for everyone
- Not a straight path or set of stages

You may feel:

- Anger
- Sadness
- Guilt or regret
- Numbness
- Isolation
- Disbelief

Even intense or confusing thoughts can be part of grief.

You are not alone.



## THE “WHY” + WHAT

The question: “Why?”

- Most people ask it
- You may never get a clear answer
- It’s normal to wrestle with it

It can feel frustrating and unfair. You are not alone in that struggle.

What matters now:

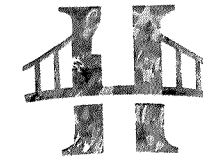
- Talk to a grief specialist
- Find a family member or friend who feels safe and doesn’t need to fix you
- Taking the next step forward
- Learning to carry the loss, one day at a time



Call us today or reach out via the [Contact Us](#) form on our website.

Your first visit is free.

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**FIRST HOUR  
GRIEF RECOVERY**

*Bridging Grief & Hope*

**Pam  
Chancey**  
Director of Operations  
& Advancement

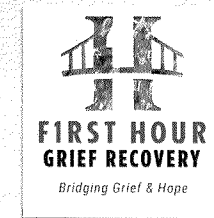
(502) 791-9938

[Pam@FirstHourGrief.org](mailto:Pam@FirstHourGrief.org)  
[FirstHourGrief.org](http://FirstHourGrief.org)



## COPING WITH GRIEF

You don't have to  
do this alone.



## WHAT YOU'RE EXPERIENCING

Early grief often feels like:

- Shock or disbelief
- Brain fog (can't focus, forget things)
- Emotional ups and downs
- Physical exhaustion

Important to know:

- You are not thinking clearly right now
- This is not the time for major decisions
- Healing takes time—often longer than people expect

This is grief.  
You are not going crazy.

## WHAT NOW?

Right now, focus on:

- Taking it one day at a time
- Allowing yourself to feel (cry, be angry, sad, grieve)
- Doing only what must be done

Give yourself permission to:

- Say no
- Cancel plans
- Ask for help
- Rest more than usual

You don't have to "be strong."  
You just have to get through today.



## COPING STRATEGIES

Simple ways to cope:

- Take a short walk or move your body
- Write your thoughts down
- Drink water and eat small amounts of food
- Rest when you can

When your mind won't slow down:

- Step away from your phone or TV
- Sit somewhere quiet
- Write what you're thinking and feeling

Small steps matter.  
That's enough for now.

