



## Meeting Grief with Compassion and Presence

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Grief is a natural response to loss. It may follow the death of someone we love, or it may arise through changes that alter how we see ourselves, our relationships, or our future.

Grief can accompany many kinds of loss — changes in health, identity shifts, relationship endings, changes in work, loss of safety or certainty, or the quiet letting go of how we once imagined life would unfold.

There is no right way to grieve. There is no timeline. Grief asks to be met with patience, kindness, and care.

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### Grief Can Take Many Forms

You may be grieving:

- The loss of a loved one, including a person or a pet
- Changes in health or physical ability
- The end of a relationship or meaningful role
- A loss of identity, purpose, or routine
- Missed milestones or unmet hopes
- A sense of safety, certainty, or belonging

Some grief is not always recognized or validated by others. This can make it feel especially heavy to carry alone.

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### How Grief May Show Up

Grief can affect the body, mind, emotions, and spirit:

- Sadness, longing, anger, or numbness
- Anxiety, fatigue, or difficulty concentrating
- Physical sensations such as heaviness or tightness
- Disconnection or a quiet search for meaning

These responses are natural. They reflect love and attachment, not weakness.

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### Gentle Mindfulness Practices for Grief

Take what feels supportive. Leave the rest.

#### **Breath as a Companion**

Place a hand on your chest or belly.

Breathe slowly.

Silently offer yourself:

*"I am here. This is hard. I can breathe with this."*

#### **Grounding in the Body**

Feel your feet on the floor or your body supported by the chair.

Notice the steadiness beneath you.

#### **Allowing What Is**

Gently name what you notice:

*"This is sadness."*

*"This is longing."*





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### 💛 Self-Compassion

Place a hand on your heart.

Offer yourself kindness:

*"This matters."*

*"I'm allowed to grieve in my own way."*

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### A Gentle Reminder

Grief does not move in a straight line.

Healing does not mean forgetting.

It is not a problem to fix.

It is a deeply human experience that asks to be met with patience, compassion and care.

More resources:

👉 <https://inspiringhope.ca/resources>