



LOVE CONTINUES

A quick guide for grief, remembrance, and living forward

Grief may follow the death of any significant person or animal. There is no required timetable and no single correct feeling. Living forward does not require leaving love behind.

1 WHEN A GRIEF WAVE OR TRIGGER ARRIVES

NAME - "A grief wave is here." Name sadness, anger, guilt, numbness, longing, or another feeling.

GROUND - Feel both feet. Look around and name five neutral details.

BREATHE - Use a gentle breath with a slightly longer exhale.

CHOOSE - Stay, step away, contact someone, pray, rest, or complete one small task.

"This moment is painful. It is a wave, not the whole future. I can take the next ten minutes."

2 RESPOND TO BODY DISTRESS AND DISRUPTED FUNCTION

BODY SIGNALS

- Pounding heart, chest tightness, shaking, sweating
- Nausea, dizziness, tingling, tension, exhaustion
- Panic, detachment, or feeling unable to settle

GENTLE BASICS

- Water, simple food, medication as prescribed
- One hygiene step, daylight, and brief movement
- Protect a sleep routine; park thoughts on paper
- Seek medical assessment for new or severe symptoms

3 PLAN FOR WORDS, PLACES, AND SIGNIFICANT DATES

BOUNDARY PHRASES

- "I know you mean well; I do not need advice right now."
- "I would rather say their name than avoid the subject."
- "I am not ready to discuss that today."

DATE PLAN

- Choose how much company or solitude you want
- Plan one remembrance: prayer, meal, walk, music, story, candle, donation, or visit
- Arrange an exit plan and next-day recovery

4 CONTINUE LOVING WHILE LIVING

MEMORY

What story, object, place, or tradition helps me remember?

MEANING

What quality, lesson, value, or love did they place in me?

LIVING

How can I carry one part of that love into life today?

"My life can grow around this loss. Remembering and living are not opposites."

A TRIGGER OR DATE I WILL PLAN FOR

A PERSON, PRAYER, RITUAL, OR SUPPORT I CAN USE

EDUCATIONAL USE & SELECTED EVIDENCE-INFORMED SOURCES

1. Stroebe M, Schut H. The dual process model of coping with bereavement. *Death Studies*. 1999;23:197-224.
2. Szuhany KL et al. Prolonged Grief Disorder: Course, Diagnosis, Assessment, and Treatment. *Focus*. 2021;19:161-172.
3. Shear MK et al. Optimizing Treatment of Complicated Grief: A Randomized Clinical Trial. *JAMA Psychiatry*. 2016;73:685-694.

IMPORTANT: General educational resource only. It is not diagnosis, individualized nursing care, psychotherapy, medication advice, or emergency care. New or severe physical symptoms need medical assessment. In Canada, call or text 9-8-8 for suicide crisis support; call 9-1-1 or use emergency services for immediate danger.