



## A GRIEVER'S DECLARATION



I affirm that my grief matters, whether I am grieving a death or other loss or life change.

I give myself permission to show up as I am moment to moment.

I extend myself grace, gentleness and compassion in the many unpredictable manifestations and expressions of my grief, letting my process be my process.

I allow myself to feel what I feel, no matter how long it's been or the messages I receive about how or what I should be feeling.

I get go of expectations and "shoulds" and focus instead on what aligns with the support, care and comfort I need.

I release myself from performative roles and behaviors that dishonor my truth

I notice what and who I have energy and capacity for — mentally, physically, spiritually and emotionally — and prioritize accordingly.

I embrace the word "no" as a full sentence and act of self-care.

I recognize my right to remove myself from situations, conversations and people that are triggering, dismissive, or otherwise invalidating of my grief.

I accept I am not the person I was before my loss and honor that I am evolving and changing around my loss in ways that may not be for everyone.

I offer love, kindness, patience and forgiveness to the parts of me I'm discovering in my grief, especially the parts that are unrecognizable and hard to hold.

I care for myself and my grief with rest, hydration, nourishing foods, movement, time in nature, loving, non-demanding companionship and whatever feels soothing and healing to me.

I reach out for help when needed: to professionals, support groups, trusted beloveds, spiritual advisors, community grief tenders or others who can hold safe and compassionate space for me.

I celebrate and acknowledge the small steps and moments that prioritize my well-being, peace of mind and growing awareness of what I deserve as I grieve.

I embrace moments of ease, joy, delight, wonder and pleasure, allowing them as part of the full-spectrum experience that is grief.

