






Angela Garner, our Pet Bereavement Support Specialist, offers a few ideas on how to cope with the distress of a recent pet bereavement.

Five Tips for coping with grief in pet bereavement

-  Recognise that you are going through a significant grieving process, so you need to give yourself the necessary time and space to take on board what has happened.
-  Rather than trying to cope on your own, talk things through with someone who understands, and look at any issues that are worrying you to see if you can find a way of settling them.
-  Allow yourself **to feel what you feel** – to truly express your emotions, rather than keeping everything bottled up.
-  Have a care for yourself because the grief process is draining and it is important to keep yourself as well as possible.
-  Remember that grief is the other side of caring and that you feel the pain because you care. As overwhelming as it may seem, know that as you work through the different seasons of your grief, you will gently but surely progress towards a place of quiet acceptance and healing.