

Grief & Loss Support Toolkit

A LifeGuides resource for when life feels heavy

Navigating Hard Moments, Together

Life can feel especially heavy when we're grieving. Whether it's the loss of a loved one, a relationship, a job, a home—or even a sense of who we used to be—grief shows up in many forms. And it touches all of us at some point.

Your employer understands that grief doesn't stay neatly outside the workplace. It follows us into meetings, emails, lunch breaks, and long commutes. That's why they've partnered with us at LifeGuides—to ensure that when life gets hard, you have support that's personal, compassionate, and meaningful.

We've created a support toolkit, which offers you:

- A gentle explanation of what grief is & how it shows up
- Ideas for how to care for yourself, even in small ways
- A space to reflect, feel seen, & find support at your own pace
- A reminder that help is here—whenever you're ready to reach for it

You can read this all at once, or just a little at a time. You can skip around. Come back later. Share it with someone else. There's no “right” way to use it—just like there's no right way to grieve.

We hope it offers comfort, clarity, or even just a small moment of relief.

We're with you,
The LifeGuides Team



Understanding Grief & The Many Forms of Loss

Grief is a natural response to loss. It can show up in many ways—emotionally, physically, mentally, and spiritually. It’s not something we “get over,” but something we learn to carry and move through.

There’s no timeline. No roadmap. And no “right” way to grieve.

Grief might feel like:

- Deep sadness or numbness
- Anxiety or restlessness
- Trouble sleeping or focusing
- Anger, guilt, or even relief
- Feeling disconnected—or hypersensitive to everything

You might be grieving:

- The death of a loved one
- The loss of a pet who was part of your everyday
- A relationship that’s ended (divorce, separation, estrangement)
- Pregnancy or fertility loss
- Losing a job or career identity
- A major move, natural disaster, or losing a home
- Health challenges or a life-changing diagnosis
- Even the loss of a version of yourself or the future you hoped for

Whatever you’re grieving—it matters. It’s valid. You are not alone.



How We Grieve

Everyone grieves differently.

Some people cry easily. Others feel numb or stay busy. Some talk about it. Others go quiet. You might want to be alone, or you might not want to leave someone's side. You might feel "fine" one moment and overwhelmed the next.

Just know that grief is not linear.

How we want to grieve:



How we actually grieve:



It comes in waves. You may revisit certain feelings over time—and that's normal.

There is no checklist. There is only your process.



What Helps When You're Grieving

Grief never asks us to be perfect—only to be human.

Here are a few things that might help:

- ✨ Give yourself permission to feel—there is no wrong emotion
- 📅 Keep your routine simple—prioritize basics like rest, hydration, & nourishment
- 🧠 Set small expectations—getting out of bed or answering a text message is progress
- 💬 Talk to someone—a friend, or Guide who truly listens
- 🎨 Express it—through journaling, art, music, or just saying what hurts
- 🌿 Take breaks from grief—watch a show, walk outside, let in moments of light
- 👉 Most of all: Be gentle with yourself. You're doing your best.



How Are You Grieving Right Now?

Reflection Worksheet

What kind of loss are you grieving right now?

(You can write a word, a sentence, or just a name.)

What's been hardest for you lately?

What emotions have you been feeling most?

Sadness

Numbness

Anxiety

Anger

Guilt

Relief

Something else:

What's helped, even just a little?

Talking to someone

Crying or expressing it

Rest or sleep

Getting outside

Writing or creating

Nothing yet—but I'm open

What's one small act of care you could try this week?

(Even something tiny—like drinking water, texting a friend, or taking a few deep breaths.)

Would it help to talk to a Guide?

Yes

Maybe later

I'm not sure—but I'm curious





How LifeGuides Can Support You

You don't have to do this alone.

LifeGuides connects you with a trained Guide—someone who's experienced grief themselves and understands what it's like to live through loss while managing life's demands.

Your Guide can:

- Listen without judgment, pressure, or fixing
- Support you in making space for your grief
- Help you find small ways to feel a little more grounded
- Offer tools & routines that fit where you are emotionally
- Just be there—which can mean more than you know

Whether you're in the first days of grief or months down the road, LifeGuides is here for you.

You can connect with a Guide whenever you're ready.