

Dealing with Grief: Finding Healing After Loss

Grief Is a Journey



Everyone experiences grief differently. Whether it's the loss of a loved one, a relationship or even a life you once knew, **grief can feel overwhelming and unpredictable**. For those in recovery, these feelings can be even more intense and may trigger old coping patterns. Understanding grief and **learning healthy ways to process** it can help you heal and stay grounded.

Coping with Grief Tips

- 1 Give yourself permission
- 2 Stay connected
- 3 Take care of yourself
- 4 Make time for remembrance
- 5 Seek additional help

Why It Matters

- 1 **Supports Emotional Healing**
Grief is a natural response to loss—not something to “get over.” **Allowing yourself to feel** sadness, anger or confusion helps release those emotions instead of holding them in.
- 2 **Reduces Stress and Avoids Setbacks**
Bottling up grief can increase stress and, in recovery, may raise the risk of turning back to unhealthy behaviors. **Healthy grieving helps you manage emotions** and protects your progress.
- 3 **Builds Connection and Support**
Sharing your feelings with trusted people (friends, family, support groups) reminds you that you're not alone. **Grief becomes easier to bear when others walk the path with you.**
- 4 **Strengthens Resilience Over Time**
Working through grief teaches you coping skills that **build strength for the future**. Each step forward helps you adapt and continue healing.



To get help for you or a loved one, call:

844-535-7291



Or visit:

BHGrecovery.com



Tips for Coping with Grief



Give Yourself Permission to Feel:

There's no "right" way to grieve.

Stay Connected:

Talk to someone you trust rather than isolating yourself.



Take Care of Your Body:

Rest, eat balanced meals and move your body when you can.

Create Rituals of Remembrance:

Writing letters, lighting candles or sharing memories can help honor your loss.



Seek Help When Needed:

Counselors, therapists and support groups can offer guidance.

Things to Avoid



Ignoring Your

Feelings: Suppressing emotions can build tension and make them harder to manage later.



Withdrawing From

Support: Pulling away from friends, family, or support groups may leave you feeling even more alone.



Using Substances to

Numb Pain: Turning to drugs or alcohol may seem like an escape, but it can delay healing and threaten your recovery.



Expecting Quick

Closure: Putting pressure on yourself to "move on" too quickly can make the process more difficult.

Conclusion: Healing Takes Time

Grief may never disappear completely, but it does become easier to carry. By **giving yourself space to mourn and surrounding yourself with support**, you're not just moving through loss—you're **building a stronger foundation for your recovery** and your future. You're not alone. Healing is possible. ■

