



How should I grieve?

Grieving is a personal process, and everyone grieves differently.

Here are some ways people may grieve:

- Some people cry a lot, while others don't cry at all.
- Some people may feel numb or in shock, while others may feel intense emotions.
- Some people may want to talk about their loved one, while others may prefer to keep their feelings to themselves.
- Some people may find comfort in being around others, while others may prefer to be alone.
- Some people may find solace in religious or spiritual practices, while others may not.

Remember, there is no right or wrong way to grieve. It's important to take care of yourself and do what feels right for you. If you need help or support, don't hesitate to reach out to a trusted friend, family member, or mental health professional.