mindhealth FACT SHEET

GRIEF & LOSS · THERE IS NO ONE RIGHT WAY

Grief & loss

Grief doesn't follow neat stages. It comes in waves, and that is normal.



In waves
Sadness, longing, numbness

In the body
Tired, foggy, heavy

Mixed
Guilt, anger, even relief

01 Grief is not linear

Grief doesn't move through tidy stages in order. It arrives in waves (some days manageable, some not) and can be set off by a date, a place, a song, long after a loss. Feeling it years later is not a sign that something has gone wrong.

02 Carrying it, together

The aim of grief isn't to "get over" a loss but to find a way to carry it that you can live with. That happens more gently with support: space to feel it, to talk, and to keep the person or what was lost present in your life.

03 Supporting yourself

- Let the feelings come: they're not a problem to fix
- Keep gentle routines and basic self-care
- Talk about the person or the loss when you can
- Accept help; you don't have to carry it alone

THE REALITY

Not a straight line



We expect grief to fade smoothly. It rarely does, and the messiness is entirely normal.

PRACTICAL TOOLKIT

A small ritual

1. Light a candle, or write a letter
2. Visit a place that holds meaning
3. Keep a photo or object close

Rituals give love a place to land.

A PRACTICAL STORY

From carrying it alone to letting others in



WHEN TO SEEK HELP

If grief feels stuck, or stops you functioning months on, support can help. This is sometimes called complicated grief, and it responds well to therapy.

DID YOU KNOW?

The well-known five stages of grief come from Elisabeth Kübler-Ross's 1969 book On Death and Dying. She was writing about people facing their own death, not about bereavement.

Kübler-Ross, On Death and Dying, 1969

THE KEY TAKEAWAY

Healing doesn't mean moving on. It means carrying the loss in a way you can live with.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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