

# Next Steps

## Grief

Anchor Phrase: It is perfectly natural to grieve the things I have lost and the losses yet to come.

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As you process the content of this chapter, read the action items below and implement the ones that could be helpful to you at this time.

- Caregivers often feel like they don't have time to sit with their grief or they fear that if they let themselves truly experience those feelings, they may never recover. The Guided Meditation for this chapter provides an opportunity to dip your toe into those emotions just a bit and then supports you in coming back. Consider taking ten minutes today to give it a try.
- Think about a safe place or person where you can share the feelings of grief you are experiencing. Whether it is a friend, therapist, support group, or even writing it in a journal, having a space as a pressure valve release to give voice to these emotions and be reminded that they are perfectly natural can be very therapeutic.
- Check out the Processing Tool for this chapter, which walks you through naming what you're grieving as well as what may trigger those emotions. After documenting those triggers, think about what, if anything, can be done to prevent or soothe them. For example, if seeing photos on social media of your friends on a trip you always imagined you'd take feels challenging, use the "snooze" feature for that friend for thirty days. Or if it feels too hard to attend a baby shower when having a baby is no longer an option for you, send a gift but stay home. We can't always anticipate or avoid our triggers, but take advantage of the ones you can.
- Consider having a conversation with your loved one about the grief you are experiencing. There's a good chance that they, too, are having these feelings and it may be helpful for you both to get it out into the open.
- Start to notice, acknowledge, and give yourself grace for the feelings of grief you experience. Don't feel like you have to quiet or ignore these emotions, but instead, when they arise, remind yourself that **it is perfectly natural to grieve the things you have lost and the losses yet to come.**