

**Grief**

**(ἄηλις)**

*The final act of love*

Grief is a natural response to loss

(ሐዘን ነጸብራቅ ሞት እዩ)



Grief is not limited to the loss of people, but can be compounded by feelings of guilt and confusion when it is the loss of a loved one

# Stages of grief

(ዓይነታት ሓዘን )

Denial

(ዘይምቕገል)

Anger

(ሕርቃን)

Bargaining

(ክምለሱ ይምነዩ)

Depression

(ጭንቀት)

Acceptance

(ንምቕገል)



As we understand the stages of grief, it's important to note that people grieve differently.

People may or may not experience these stages and they may also experience them in a different order.

(ሞት ዘይተርፍ እዩ :: ውልቀ-ሰባት ብእተፈላለዩ መገደታት ሓዘኖም ክገልጹ ይኽእሉ እዮም)



# Self-care during a time of grief

(ኣብ ሓዘን ከለኻ : ብኸመይ ንርእሶኻ ከም እትከናኸን)

Spend time with people that can support you  
(ምስ ዘጸናንዑኻ ሰባት ግዜ ኣሕልፍ)

Sit with your pain and grief  
(ንሓዘንካ ሸለል በሎ)

Focus on getting through today  
(ብዛዕባ ሎሚ ሕሰብ)

Be kind to yourself  
(ንገዛእ-ርእሶኻ ኣይትጉዳእ)

Understand that some days will be harder than others  
(ገሊኡ መዓልታት ካብ ካልእ ዝኸበደ ክኸውን ይኽእል እዩ)



Ask for help  
(ሰባት ከጸናንዑኻ ሕተቶም)

Don't mask your feelings  
(ስምዒትኪ ኣይትሕብኢ)

Go to therapy  
(ናብ ምጽንፍዕ እትረኽበሉ ቦታ ኪድ)

Write down your thoughts  
(ከመይ ከም ዝስምዓካ ጽሓፍ)

# Support during a time of grief (ኣብ ኣዋን ሓዘን ብኸመይ ከም ዘጸናንዕ)

## Do

listen

(ስምዓዮም)

Make yourself accessible

Show up and be consistent

(ኣጸናንዮም)

Tell them what they mean to you

Ask "how are you doing today?"

(ሎሚ ከመይ ከም ዝስምዮም ሕተቶም)

Be okay with silence

## Don't

Stop checking in

(ከመይ ከም ዝስምዮም ምሕታት ኣይትረስዕ)

Make it about yourself

Compare your grief

(ንሓዘንካ ኣይተነጸጸር)

Force it

Try to fix the grief

(ነቲ ሓዘን ንኸርስዕዮ ኣይተገድዶም)



# Specific ways to help a grieving person

Drop off a home-cooked meal

(አብ ሓዘን ንዘለዉ ስድራ ቤት ምግብ ውስደሎም)



Spend time with/  
babysit children  
(ምስ ደቆም ግዜ ኣሕልፍ)



Make a photo book of memories



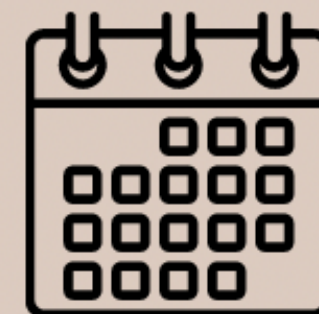
Offer to make them buna  
(ቡን ኣፍልሓሎም)



Send grocery delivery



Check in on notable dates







# Mantras



(ዘጸናንዕ ቃላት)

"May love be what you remember the most"

(ነቲ ዝነበረካ ፍቕሪ ዘክሮ)

"Grief is love with nowhere to go"

"Your now is not your forever"

"You can't rush healing"

(ንምጽንናዕ ኣይትተሃወኹ)

"In my sadness, I love myself"

"It's okay to take time to grieve"

(ምሕዛን ንቡር እዩ)

"I promise to take care of myself as I heal"

(ንርእሰይ ክከናኹና)

"Recovery takes time, I allow myself to heal at my own pace"