

Grief & Healing Guide

Support for families walking through loss

Grief & Healing Guide

You are not alone. Grief is love with nowhere to go — let this guide walk alongside you.

WHAT TO EXPECT IN GRIEF

Grief has no fixed timeline.

You may feel intense sadness, numbness, anger, or relief — sometimes all in one day. All of these are natural responses to love and loss.

Waves, not stages.

Grief does not follow a neat path. It comes in waves. Some days will feel manageable; others may bring the loss rushing back with full force.

Physical symptoms are common.

Grief can cause fatigue, loss of appetite, difficulty sleeping, and trouble concentrating. Take care of your body as gently as you would a child.

Spiritual questioning is normal.

Many people question their faith or feel anger at God after a loss. This is part of the journey, not a sign of weakness.

HELPING CHILDREN COPE WITH LOSS

Use honest, simple language.

Avoid euphemisms like 'gone to sleep' or 'gone away'. Tell children clearly that the person has died and will not come back.

Let them feel what they feel.

Children may cry, or they may run off to play. Both are normal. Don't pressure them to grieve in a particular way.

Maintain routines.

School, meals, and play routines give children stability when the world feels uncertain.

Include them in rituals.

Age-appropriate participation in prayers and rituals helps children process loss and feel connected to the family.

SUPPORTING ELDERLY FAMILY MEMBERS

Watch for isolation.

Elderly family members who have lost a spouse or lifelong companion are at high risk of withdrawal and depression.

Encourage gentle movement and sunlight.

Short walks, fresh air, and gentle activity support both physical and emotional healing.

Grief & Healing Guide

Support for families walking through loss

Facilitate connection.

Help them stay connected with grandchildren, old friends, and community members.

Honour their grief.

Do not rush an elderly person through grief. Their bond was often decades long. Give space and time.

WHEN FAMILY LIVES ABROAD

Video calls during rituals.

Set up a device so distant family can participate in prayers, the terahvin, or the antim darshan via video call.

Delegate a local contact.

Identify one trusted person locally who can send photos, updates, and coordinate on behalf of the family abroad.

Digital condolence options.

Share a WhatsApp group or memorial page where family worldwide can contribute memories and condolences.

Delayed personal grieving.

Those abroad may face a delayed wave of grief when they finally return home. Prepare for and be gentle with this.

WHEN TO SEEK PROFESSIONAL SUPPORT

If grief feels unmanageable after several months.

Prolonged grief disorder is real. If daily functioning is severely impaired, speaking with a counsellor is an act of self-care, not weakness.

If thoughts of self-harm arise.

Please speak with a mental health professional or call iCall (9152987821) or Vandrevalla Foundation (1860-2662-345) immediately.

For children showing prolonged behavioural changes.

Regression, aggression, school refusal, or withdrawal lasting more than a few weeks warrants professional support.

Grief counselling resources.

Ask your local hospital, community centre, or cremation trust for referrals to grief support groups.

Grief is the price of love — and love is always worth it.