

**18 Accept that people grieve differently.** Comparing your grief to other's grief can be painful and unhelpful to you.

**19 Cuddle up with someone and look at pictures of your beloved pet.** The person with you can safely allow for whatever you need.

**20 Be kind to yourself by seeking out people who will be supportive.** Trying to make people understand your loss can be painful and unrewarding.

**21 Send a note to your veterinarian and the staff expressing gratitude about the care of your pet and the emotional support that you received.** You might miss him/her now and yet be feeling another loss if your vet has frequently been in your life.

**22 Consider reaching out to people on social media.** The responses and ongoing dialogue can be comforting as you see people caring about you, with reminders you are not alone.

**23 Accept that people around you are obligated to seek immediate help if they feel you are a danger to yourself or others.** An extreme reaction to grief is wanting to take your own life, obviously requiring more intensive emotional care. Your pet would want you to be helped.

**24 Engage a person you see with a pet and interact with the animal if that is permissible with the owner.** Just a moment of this tender contact can be impactful.

**25 Provide support to others who are also grieving the loss of their pet.** This may be talking, spending time together, listening, or making special memorials of your pets together.



## TAKE ACTION

**26 Take a walk.** It could be a place you used to go with your pet. You may choose to walk at another location if the first location might prompt painful emotion you choose to bypass that day.

**27 Write your thoughts in a journal.** This can be a very helpful and healing thing to do. This is a private journal for writing whatever you wish without sharing it with anyone unless you choose to.

**28 Spend time with any other pets you have.** This can be comforting to you. Your other pets might be experiencing grief too. They will benefit from time with you even if you just sit together.

**29 Volunteer some time at an animal organization.** You don't have to have direct contact with the animals if you choose. There are many tasks to be done that don't involve animal contact.

**30 Send a contribution to a charity that is meaningful to you.** This is