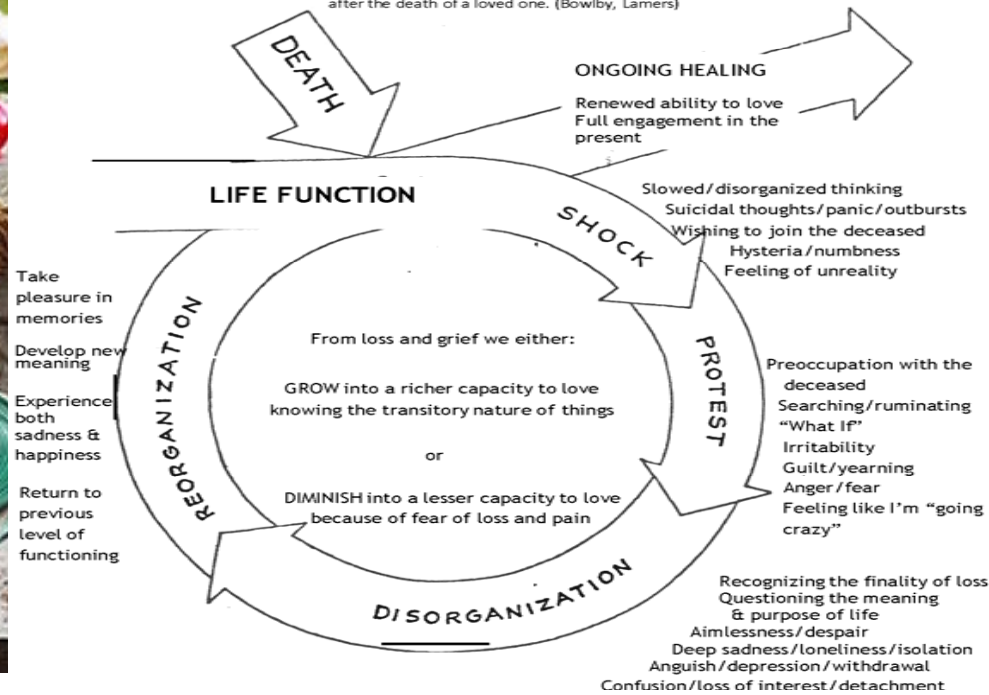




The GEI grief wheel represents the grief and growth cycle that occurs after the death of a loved one. (Bowlby, Lamers)



## What You May Experience Emotionally:

- Everything reminds you of your pet, and you may experience seeing or hearing your pet
- Feeling distanced from others, as if no one understands or cares
- Questioning the meaning of life and mortality; re-evaluating your priorities in life
- Worrying about others you love dying
- Afraid to love again, fear of pain and loss

## What May Help to Soften the Pain

- Talking to family, friends, co-workers, a support group and/or a counselor
- Writing about your pet and about your feelings in a journal
- Creating a funeral/memorial service; sharing memories, and sharing your pain
- Being extra kind to yourself; practice self-care, rest, get a massage, bubble bath, exercise, visit with friends
- Setting up a memorial in your pet's honor, and/or creating a ritual to repeat every year

## Why can it hurt so much when a pet dies?

- Your pet is a source of unconditional love and appreciation
- A pet becomes part of who you are; an alter-ego, child, and/or companion
- Many times, places, feelings, thoughts and events are associated with your pet
- Each of you gave the other a great deal of emotional support
- Losing a pet is like losing a part of yourself

## What You May Experience Physically:

- Crying
- Dry mouth, difficulty in swallowing
- No appetite, or over-eating
- Sleep disturbances
- Aching heart, chest pains, and/or an empty, hollow feeling
- Lack of energy and motivation
- Unable to concentrate, forgetfulness
- Sensitivity to loud noises

Suicidal Thoughts? Call the National Hotline at 1-800-273-8255 or text CONNECT to 741741

## You are not alone

Losing an animal companion may be one of the most devastating and painful experiences we humans ever face. Intense grief is a normal response to significant loss. By acknowledging our feelings and giving ourselves permission to grieve, we begin the healing process.

## There are people who care

The **Pet Loss Support Group** is a safe and supportive environment where individuals can come to process the grief occurring from the loss or anticipated loss of a beloved animal companion. The 501(c)3 non-profit **Human-Animal Bond Trust** has been providing these weekly, free-of-charge sessions, facilitated by a licensed professional, since 1988.

## Please join us

**\*\*Due to covid-19, as of March 2020, the **Pet Loss Support Group** now meets via private conference call at 1-425-436-6377, access code 360367# every Thursday from 6:30-8:00 PM. Please note we will update our website and meetup.com if and when we return to in-person groups.\*\***  
[www.petlossdenver.org](http://www.petlossdenver.org)

## Find us online



[www.meetup.com/Denver-Pet-Loss-Support](http://www.meetup.com/Denver-Pet-Loss-Support)



[www.facebook.com/HumanAnimalBondTrust](http://www.facebook.com/HumanAnimalBondTrust)

Sorrow is not forever; love is.



# The Pet Loss Support Group



[www.petlossdenver.org](http://www.petlossdenver.org)

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