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*The only care for grief is to grieve.
You are not alone. You got this!*

PROCESSING GRIEF

Created for educational purposes
to offer new perspective, hope, relief.

=)



ABOUT GRIEF

- Grief is the death or the end of something.
- Grief is a change you did not want.
- Grief is a process
- Grief as unique as our own fingerprint! NO two people experience grief in the same way.
- Grief is not something we get over with time, it is something we must go through. There is no timeline for adjusting.

ABOUT HEALING

- Healing is about progress, not perfection.
- Healing happens in layers.
- Healing involves self acceptance.
- Our healing journey begins with understanding, tools and practices, time and support.

TYPES of GRIEF

Anticipatory : before a death
Acute: just happened
Early: first 2 years
Mature: rest of our lives

TYPES of LOSS

Primary: the loss of a loved one
Secondary: Any loss can cause grief; examples can include the loss of a relationship, a home, aging, our health, a divorce, a career, our job, collective loss within communities, or even a dream.

Note: All grief does not have trauma, but All trauma has grief.

SELF CARE

- Be compassionate & patient with yourself! Try.
- Do not compare to others. Embrace that your journey is very unique.
- Seek healthy & constructive ways to cope and process.
For instance, and not limited to:
Movement: Exercise, take a walk, dance, music, bikeride ...
Get Creative: build something, make art, gardening, write, read, take a class, cook ...
Practice breathwork, mediation, faith/prayer, get sunshine ...
Connect with self & with others, Join groups ...
- Seek professional support.

What are other healthy ways to cope?
How can we process constructively?

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I offer Grief +Art services
classes, workshops, sessions,
presentations, talks, retreats,
conferences ...
using **Art** as a creative & gentle space
for healing, offering compassionate,
creative ways to process our individual
or collective grief, loss or transition.

**Your grief journey is as unique
as your fingerprints.**
Cuidate.

**training & citations from the grief expert
David Kessler at grief.com
~ last edit 28 APRIL 2026 ~*

STAGES

stages of grief presented as a journey
through emotional complexity can
include but are not limited to:
shock, denial, anger, bargaining,
depression, testing, acceptance...

SYMPTOMS

Although grief is a natural response
to loss, it can affect our ability to eat,
sleep, or perform other daily
functions.

Be aware grief has many symptoms
within our body and our reactions,

can include but are not limited to:
headaches, loss of appetite, chest
tightness, fatigue, irritability, anger,
anxiety, loneliness, despair,
numbness, detachment...

SUPPORTING OTHERS

- Check in with them regularly - even after 1 month, 1, 5 years...
- BE Present. Be available to just listen: Allow them to express their feelings.
 - Do not Offer unsolicited advice, or make comments about the loss. *comments can make people upset.
- Sit with people in their pain. We can not fix it. It's just about meeting people where they are at.
 - *Do not get emotional (it's not about you). It may be awkward for them.
- Encourage professional support.

