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Your Personal Care Plan

This will serve as a personalized guide that you can turn to during overwhelming moments, reminding you of self-care practices and resources for when you might feel most alone or lost. Fill this out on a steadier day, so it's ready for those harder ones. There are no wrong answers. Write whatever feels true for you.

Losing a beloved pet can feel overwhelming. You might feel:

- *Deep sadness or waves of tears*
- *Guilt or second-guessing*
- *Anger*
- *Numbness*
- *Anxiety*
- *Disoriented*
- *Relief followed by shame for feeling relief*
- *A sudden quiet in your home that feels unbearable*

If your grief feels intense, confusing, or bigger than you expected, you are not alone. Pet loss grief is *real* grief.

PEOPLE I CAN REACH OUT TO

THINGS THAT KEEP ME STEADY

PLACES I FEEL CALM

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FAVORITE DISTRACTIONS

FAVORITE AFFIRMATIONS

FAVORITE MOOD BOOSTERS

A Gentle Reminder

There's no such thing as a perfect way to grieve. Grief doesn't follow rules, timelines, or social expectations. It reflects attachment, love, and the role your pet played in your life.

For more information, support, and resources to guide you through grief, visit www.jaspergrief.com or use the QR code below. *You don't have to navigate this alone.*