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What To Do Now: Tools for *Early Grief*

If you're reading this, something significant has happened.

The loss of a beloved animal can disrupt your sense of safety, routine, and identity all at once. It can feel raw, disorienting, and overwhelming, especially when the world around you doesn't fully recognize the depth of what you've lost.

It's important to say this clearly: You are not grieving wrong.

If your grief feels intense, confusing, or bigger than you expected, you are not alone.

Pet loss grief is often minimized or misunderstood. Many people feel pressure to "move on" before they're ready or hear comments that make them question the legitimacy of their pain. This is called disenfranchised grief, a real loss that isn't always acknowledged or supported. But pet loss grief is *real* grief.

Grief after losing a companion you shared daily life with affects more than your emotions. It can impact:

- Your concentration
- Your sleep
- Your appetite
- Your sense of identity
- Your daily routines
- Your spiritual or existential beliefs

This whole-life disruption is part of what makes **early grief** feel so consuming.
The depth of this grief reflects the depth of the bond.

Nothing is required of you here. There is no fixing, no explaining, and no timeline.
You are not broken. *You are grieving*.

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WHAT EARLY GRIEF CAN FEEL LIKE

Early grief is often:

- Shock or disbelief
- Numbness
- Waves of crying
- Physical heaviness or exhaustion
- Anxiety or panic
- Guilt or replaying decisions
- Irritability or anger
- An empty or quiet house that feels unbearable

You may feel everything at once. You may feel nothing at all.

Both are normal.

WHAT TO DO RIGHT NOW

In early grief, the goal is not healing. It is stabilization.

Some gentle options:

- Drink water.
- Eat something small, even if you're not hungry.
- Step outside for fresh air.
- Sit in one room that feels least overwhelming.
- Text one person who feels safe.
- Lower expectations of yourself for a few days.

Tiny actions count.

You do not need to memorialize. You do not need to make meaning. You do not need to "be strong."

For now, breathing is enough.

IF YOU NEED MORE SUPPORT

Grief this heavy deserves real support. If your grief feels unmanageable or you're struggling to eat, sleep, or function for more than a few weeks, consider reaching out to a counselor or a pet loss support line. Asking for help is not a failure. It is another way of honoring the bond

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ABOUT JASPER

Jasper is a space for **early grief**, when emotions may feel raw, confusing, or overwhelming.

There is no expectation to:

- Find meaning
- Feel gratitude
- Be positive
- Move forward

All feelings are welcome, including numbness, anger, guilt, relief, or deep love. You can move slowly, come and go, or engage only in ways that feel manageable.

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A Gentle Reminder

Grief is love with nowhere to go.

There is no perfect way to do early grief. Your nervous system is trying to cope right now. You are not weak for feeling the loss deeply, dramatic for needing space, or behind in the process.

The goal at Jasper is not to change your grief, but to help you feel a little more grounded and a little less alone while you carry it.

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.

