

Quick Reference Support Sheet – “Holding Grief, Honouring Love”

Grief for Animals & the Planet – Gentle Self-Support Guide

A short, accessible sheet vegans and activists can use when grief feels heavy.

1. Acknowledge

“What I’m feeling is valid.”

- ☐ Name your feeling (grief, anger, hopelessness, overwhelm).
- ☐ Remind yourself this is a natural response to real suffering.

2. Ritual & Honour

- ☐ Light a candle, say a name, plant a seed, or create a small altar.
- ☐ Honour the beings or places you grieve for.

3. Expression

- ☐ Journal, draw, collage, cry, sing, or speak aloud.
- ☐ Let your grief take shape outside of you.

4. Grounding & Reconnection

- ☐ Hand on heart – breathe deeply.
- ☐ Step outside and notice life around you.
- ☐ Drink water, touch the earth, connect with a tree, feel your body in space.

5. Community & Support

- ☐ Reach out to someone who understands.
- ☐ Listen to a supportive meditation.
- ☐ Join or create a grief circle, online or in person.

6. Gentle Boundaries & Hope

- ☐ Step back from distressing content when needed.
- ☐ Remind yourself: “I cannot do everything – but what I do matters.”
- ☐ Allow joy to coexist with grief.
- ☐ Rest is not betrayal



 “Grief is love with nowhere to go. When we give it a space, it transforms from isolation into connection.”

 Island of Kindness – for Vegan hearts and compassionate souls.

Angela Seran **Blue** Aerth