

Resources

Navigating Grief: What to Do After a Loss

Courtesy of Meadow

Losing a Loved One

We know that losing someone you love is one of the most profound and disorienting experiences. You may feel sadness, relief, shock, anger, numbness—or all of these within a single day. While there is no “right” way to grieve, we hope this guide helps you navigate these first days with a little more clarity and gentleness for yourself.

Understanding Grief

Grief is not a linear process. It comes in waves, often unexpectedly. You might notice:

- **Emotional changes** → sadness, anxiety, anger, guilt, or even relief
- **Physical changes** → fatigue, trouble sleeping, loss of appetite
- **Cognitive changes** → feeling forgetful, foggy, or unable to focus

Allow yourself to feel what you feel without judgment. Reach out to loved ones, a spiritual advisor, or a grief counselor. Talking about your loved one and your feelings is a powerful way to begin healing.

Grief Support Resources

In-person grief support groups can be a powerful way to connect with others who understand what you're going through. In Los Angeles County, **Our House Grief Support Center** offers dedicated groups for adults that provide a safe, compassionate space to share and heal. You can learn more about their programs at ourhouse-grief.org.

You can also use **211LA** to find additional bereavement resources in your area—including local support groups, counseling services, and other community-based programs. Visit 211la.org to find local resources that work for you.

For virtual support, online platforms like [Grief.com](https://grief.com) and [WhatsYourGrief.com](https://whatsyourgrief.com) offer helpful articles, coping tools, and virtual communities.

If you're feeling overwhelmed or are concerned for your safety, please don't hesitate to reach out for help. You can contact a mental health professional or call or text 988, the U.S. Suicide & Crisis Lifeline, for immediate and confidential support.

Immediate Next Steps Checklist

If you're wondering where to get started, and what to do next, here are some practical steps to guide you through the first few days:

- ☐ **Contact a funeral home or cremation provider**

They will help bring your loved one into their care and guide you through legal paperwork and arrangements.

- ☐ **Obtain the Pronouncement of Death**

If your loved one passed at home under hospice care, call the hospice nurse to make the official pronouncement.

- ☐ **Notify close family and friends**

You do not need to call everyone immediately. Consider asking a trusted friend or family member to help share the news.

- ☐ **Locate important documents**

This includes any pre-arrangement paperwork, Will, Living Trust, or advance directives to guide next decisions.

- ☐ **Arrange care for dependents or pets**

If your loved one was caring for children, elderly relatives, or pets, make sure their immediate needs are covered.

- ☐ **Begin discussing service wishes**

If your loved one had specific funeral, memorial, or body donation wishes, share these with the funeral home, or family members.

- ☐ **Allow time for yourself**

Eat small meals, hydrate, and rest when you can. You are navigating both practical and emotional demands right now.

Remember, there is no rush to “move on.” Grief is a reflection of your love and the life you shared. Be gentle with yourself as you navigate these first steps, and know you do not have to walk this path alone.

Meadow

With care at the center of everything we do, Meadow provides cremation services for families facing loss. We believe everyone deserves support during life's hardest moments—and we're here to make the process more human, approachable, and healing.



(888) 327-9805



hello@meadowmemorials.com



www.meadowmemorials.com