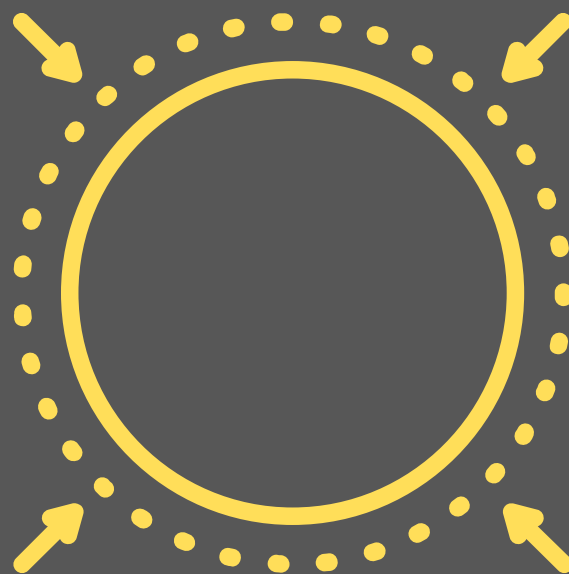




HOW TO SET BOUNDARIES WHEN YOU'RE GRIEVING



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After you experience a loss, the truth is, there are different ways of navigating the challenging and fluctuating emotions you will face. It's important to remember that there is no set way to react, and there is no easy way to pass through the stages of grief.

If you are currently going through the bereavement process, it's easy to forget that setting boundaries are important for you and your family, friends, and loved ones. When it comes to setting boundaries while you're grieving, you might experience guilt around creating the space that you need.

Today, we will provide you with ways to thoughtfully manage any social stigma, pressure, or expectations you are experiencing as you flow through your grief experience.





- **Create Space by putting yourself first keeping in mind that you are not obligated to respond to every message you receive. If you feel like you should say something, you could share a mass text message that can help thank everyone but still provide you with space and safety to continue grieving in peace.**
- **You can pick a messenger that will help you talk to people on your behalf as you take time to grieve.**
- **Be upfront with the people you are close to by expressing how you feel when it feels right. Keeping them in the loop can be helpful for your grieving because they will be there to comfort you, support you and talk with you when you need them.**
- **You can speak to someone outside of you let family, friends, or loved ones. They can provide you with objective and unbiased tools to help you grieve. We encourage you to reach out to our counselors at The Sunshine Series when you need a mental health counselor to guide you through the grieving process.**



Have no expectation that you will heal fast. Your grieving process will not be in the way that your friends and loved ones want it to be. Grief does not have a set timeline, and you shouldn't be either.

TAKE YOUR TIME

