

My Pet Has Died ...Why Do I Feel So Sad?

SOME THOUGHTS ABOUT GRIEF

Pet Loss is often trivialized and misunderstood, but it is a significant loss. Pets become part of your family and when your pet dies, you deserve sensitive, compassionate care.

Grief is natural and normal. Everyone grieves. Some show it often and openly. Others grieve privately. There is no wrong way to grieve.

Grieving honors life and heals the heart.

Grief can last a long time. The events of the year following loss can trigger grief over and over. Holidays, birthdays, anniversaries and daily routine can reactivate hurt and feelings of loss. Allow yourself to complete your grief.

Men and Women grieve differently. Women often need to talk and cry. Men often prefer to stay busy or to feel angry instead of sad.

LEARN FROM LOSS AND LOVE AGAIN

It's natural to think you see or hear your pet after your pet dies. You may hear toenails click on the floor or see movement from the corner of your eye. This is normal. We have all experienced this to some degree. We're just afraid to tell each other about this.

SIGNS OF NORMAL GRIEF

Physical – crying, shock, nausea, headache, stomachache, shortness of breath, fatigue, exhaustion, sleep trouble, loss of appetite, tightness in chest.

Mental – denial, confusion, preoccupation with loss, feeling overwhelmed, disturbing dreams and mental images, comforting dreams or visitations.

Emotional – sadness, anger, anxiety, panic, despair, loneliness, depression, guilt, relief, irritability, need to talk and reminisce over and over again.

Social – loss of interest in normal activities, desire to be alone or an intense need to be with others, inability to work, the impulse to move, a need to stay busy.

Spiritual – anger at God or a renewed belief in a Higher Power, search for deeper meaning in life, personal growth and maturation of character, paranormal visions and dreams, the desire to memorialize.

We are sorry for the loss of your pet.

For further information or support, visit our website at www.cedarwayvet.com and click on the Pet Loss – Grief Help button.

We would like to thank *World by the Tail, Inc* – caring for people who care for pets for the above information.

For more information visit www.petpeoplehelp.com

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