

FREE RESOURCES FROM

## Rainbow Meadow

*Grief support for pet families*

rainbow-meadow.org/grief-support

### WHAT YOU'LL FIND:

- ✓ A private companion space for your grief
- ✓ A guided farewell ritual you can do at home
- ✓ Remembrance date reminders
- ✓ A grief journal with gentle prompts
- ✓ Quality-of-life tracking for pets still here

Free. Private. No app download required.

## Your grief is real

*What no one tells you about losing a pet*

People will say "it was just a pet." They're wrong. The bond was daily, physical, and unconditional. Losing that is a rupture in the structure of your life.

### WHAT GRIEF CAN FEEL LIKE

- Trouble sleeping, or sleeping too much
- Hearing their collar jingle in an empty room
- Guilt — about the decision, the timing, what you didn't do
- Crying at unexpected moments
- Anger at people who don't understand
- Physical ache — chest tightness, nausea, exhaustion

**There is no timeline for this.**

**There is no "getting over it."**

**You don't have to do it alone.**

## What actually helps

*Small, concrete things you can do right now*

**Tell one person who will take it seriously.**

Not someone who will minimize it.

**Write down one specific memory.**

Not a summary. A moment.

**Keep something physical.**

A collar, a tuft of fur, a paw print.

**Set a remembrance date.**

Their birthday, adoption day, or the day they left.

**Visit the digital companion.**

Scan the QR code on the cover.

### GRIEF SUPPORT HOTLINES

ASPCA Pet Loss	(877) 474-3310
Tufts Pet Loss	(508) 839-7966
Cornell Pet Loss	(607) 253-3932