

# Pet Loss:

## TIPS FOR COPING

### Am I Overreacting?

Intense grief over the loss of a pet is normal and natural! You have spent years forming a bond with your companion, so it is normal to be devastated by the loss of this relationship.

### Explaining the Loss to Children

It may be tempting to lie about your pet's death, try to avoid doing this!

While it will be painful, this is an opportunity to introduce your children to the concept of mortality and the grieving process.

### Memorialize Your Pet

Your pet will always have a place in your family's life.

Finding a way to honor them is an important part of a healthy grieving process.

Some ideas: create a memory box, scatter their ashes in a memorable location, plant a memorial garden.

### Reach Out for Support

Reach out to family & friends for support.

If you find yourself needing additional support systems, consider joining a pet loss support group, or utilizing a hotline.

### Address Any Feelings of Guilt

Many pet owners struggle with feelings of guilt if they chose to euthanize their pet.

Try not to think of it as taking your pet's life, but rather sparing them from the painful process of dying that they would have had to endure.

