

HONORING OUR GRIEF: Healing Through Tradition and Community

Grief is a natural journey of the heart and spirit after losing a loved one. In our Native traditions, we honor those who have walked on while also taking care of those left behind. Grief is not something to "get over" but something we carry in a new way over time.

UNDERSTANDING GRIEF

Grief affects us in many ways—spiritually, emotionally, mentally, and physically. You may feel sadness, anger, numbness, or even relief. Some days may feel heavier than others. These feelings are all part of the healing journey.

Remember, there is no "right" way to grieve. Your feelings are valid, and grief has no timeline.



ASKING FOR HELP IS OK!

For Relatives living in Nebraska:

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here even days a week from 8am-Midnight



Sources:
<https://med.stanford.edu/content/dam/sm/psychiatry/documents/CntrforYouth/echo/UnderstandingGriefandLossinNativeYouth.pdf>

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WAYS TO COPE AND HEAL

Lean on Community: Surround yourself with family, elders, and friends who understand your pain. Talking, sharing stories, and holding ceremonies can bring comfort.

Honor Your Loved One: Keep their memory alive through traditional practices—offer prayers, cook their favorite foods, or create something in their honor.

Care for Your Spirit and Body: Spend time in nature, smudge, sing, or dance. Moving your body and connecting to the land can help release pain.

Speak to Someone You Trust: A spiritual leader, elder, or counselor can guide you through grief in a way that respects your traditions.

Be Patient with Yourself: Healing takes time. Allow yourself to feel, cry, and rest when needed.

You are not alone. Your ancestors walk with you, and your community stands beside you. Healing comes in its own time, but love and tradition will guide the way.

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