

# Is there someone that you wish could be here right now?

## GRIEF & LOSS CAN FEEL LIKE:

Regret

Fear

Anxiety

Relief

Hopefulness

Anger

Envy

Panic

Guilt

Deep sadness

Confusion

Joy

Hopelessness

Irritability



Learn more about grief and find support here:



[www.learningthroughloss.org.au](http://www.learningthroughloss.org.au)