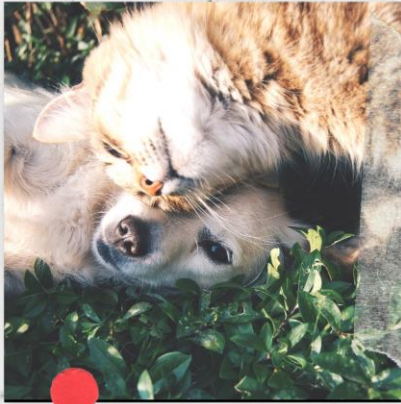


KarmaSue Counseling Workshop
March 6, 2021 | 10:00 AM (MST)



Everyone feels grief.



EVERYONE FEELS GRIEF:

HOW TO CARE FOR YOUR SURVIVING PETS AND YOURSELF AFTER THE
LOSS OF A COMPANION ANIMAL

WHAT TO EXPECT:

HYGGE

INTRODUCTIONS

WHAT IS GRIEF?

POSSIBLE SIGNS OF GRIEF

WHEN TO CALL THE VET

HOW TO HELP

***REMEMBER: THIS IS YOUR WORKSHOP,
LET'S CHAT AND HELP ONE ANOTHER
THROUGH THIS TIME***



HYGGE

- What is [Hygge](#)?
- What [Hygge is not](#)

“Pronounced "hoo-ga," this Danish concept cannot be translated to one single word but encompasses a feeling of cozy contentment and well-being through enjoying the simple things in life.” ([CountryLiving](#))



INTRODUCTIONS

- Desiree Slagle
- Britton Slagle
- ...and especially YOU!



Welcome!



WHAT IS GRIEF?

- “Grief is the response to loss, particularly to the loss of someone or some living thing that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, grief also has physical, cognitive, behavioral, social, cultural, spiritual and philosophical dimensions.” ([Wikipedia](#))
- “While our canine and feline family members may not fully grasp the significance of death, it’s clear that they grieve in their own individual way. That makes it especially tough on us. While we mourn the loss of one pet, we must also be aware of how this loss affects our other pets.” ([VCA Hospitals](#))





POSSIBLE SIGNS OF GRIEF

- Changes in **appetite** (decreased amount eaten; slower eating)
- Whining or **howling** in dogs; yowling and **crying** in cats
- Changes in **personality** (being clingy or needy; acting withdrawn or despondent)
- **Pacing** or searching the house for the lost pet
- Hiding from or **avoiding** other family members
- Changes in **grooming** or bathroom habits, especially in cats
- Changes in amount of **attention** desired (more demanding, less affection)
- **Seeking** out the deceased's favorite spot
- Increased:
 - **sleep** duration
 - Frequency and/or volume of **vocalizations**





WHEN TO CALL THE VETERINARIAN

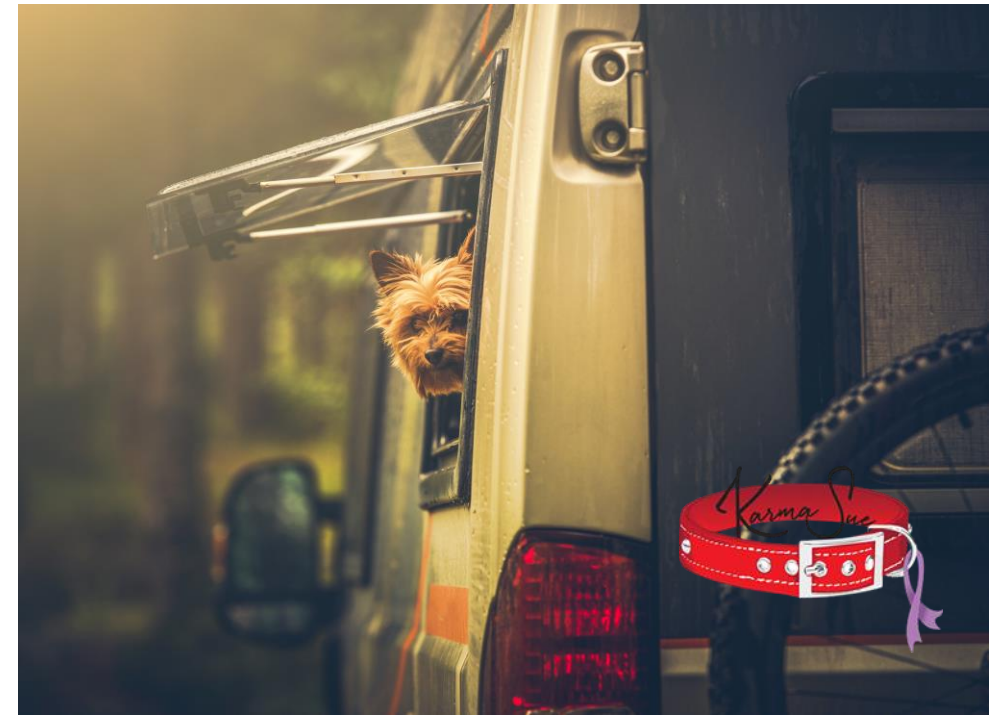
Sometimes the **stress** caused by the loss of a companion can bring about **serious health issues** that need to be addressed. Pay **close attention** to pets that stop improving, take a step backward, or develop symptoms like persistent loss of appetite, vomiting, or diarrhea that are typically associated with physical illness. If all checks out and your pet is healthy, your veterinarian may be able to prescribe medications or recommend other forms of treatment that will improve your pet's outlook on life.



HOW TO HELP

- Tend to your own feelings of loss by reaching out, getting **support**, and accessing local resources to help you
- Animals are good at picking up on their **human's mood**; some of your pet's reactions may be a result of your stress or anxiety.
- **Do not change their basic routine** or the structure of their day anymore than is absolutely necessary
- Spend positive time doing what your pets love to do each day to help provide **reassurance**, which will help both of you
- Give your pet **something new to learn** or focus on; it may help distract them from the loss and uncertainty (dogs may benefit from learning new things that will give them confidence in their pack position).
- Respect your pet's desire for **attention** that includes holding, cuddling, and petting. Try not to push unwanted attention onto them. However, if they are seeking more close attention, then try to find the time to give it.
- **Reward** calm, relaxed, or other desirable behavior
- Try **leaving a TV or radio on** while you are gone

Some pets will go through the grieving process **quickly** or **not appear to grieve at all**, while others may seem to get **stuck**. Research has shown that, for a typical pet, grieving behaviors lasted **less than six months**. Pets who are navigating through grief in a healthy way improve gradually as time goes on.





MEDITATION

- [Pema Chodron Tonglen Meditation](#)
- [Tonglen Meditation Practice for Sending and Receiving Compassion](#)



Be kind to your pets. Be kind to yourself. You will get through this together.



THANK YOU FOR JOINING US!

EVERYONE FEELS GRIEF - A KARMASUE WORKSHOP

Please connect with us anytime!

KarmaSue

Website

www.KarmaSue.org

Social Media

Facebook | YouTube | Instagram | Twitter

