

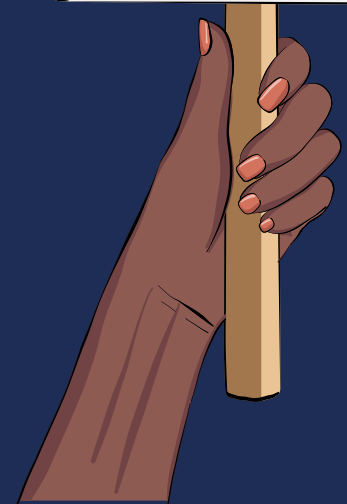
# Grief Rights!

Grieving often comes with some added on layers of unsolicited advice, untimely offers of support, and unrealistic expectations. While it may feel like you are swimming upstream, know that It's OKAY to grieve *your way* and stay true to you.

We invite you to check out: [Megan Devine's "The Griever's Bill of Rights."](#) Then, choose an activity to deepen your conversation:



MY  
GRIEF,  
MY WAY



eluna

- Create a Bill of Rights for YOU or YOUR family! Be creative. Use prompts from the example & your words!
- Choose 2 "Rights" to focus on this month. Write an "Action Plan" with steps your family can take.
- Write a song, poem, or spoken word piece focused on remembering YOUR RIGHTS in grief.
- Start a family or personal journal. Write about times when you demonstrated YOUR RIGHTS.

YOU HAVE THE RIGHT TO SOLITUDE

TO COMPANIONSHIP <sup>to anger</sup>

TO MAKE OTHERS UNCOMFORTABLE

TO TELL THE TRUTH

TO REFUSE ALL UNSOLICITED ADVICE

TO MAKE DECISIONS BASED ON YOUR OWN NEEDS

TO SAY YES

TO SAY NO

TO NOT SHARE PERSONAL INFORMATION

TO ASK FOR HELP

TO CLAIM YOUR OWN MEANING

TO PEACE & BEING <sup>to</sup>

TO HONOR WHO OR WHAT YOU'VE LOST

TO MAKE DECISIONS IN YOUR OWN TIME

TO NOT BE 'STRONG' OR 'INSPIRATIONAL' TO CHANGE

TO FEEL

TO TAKE BREAKS FROM FEELINGS AND FROM PEOPLE

TO TELL PEOPLE WHAT IS AND ISN'T HELPFUL

TO SADNESS

@REFUGEINGRIEF