Contributors

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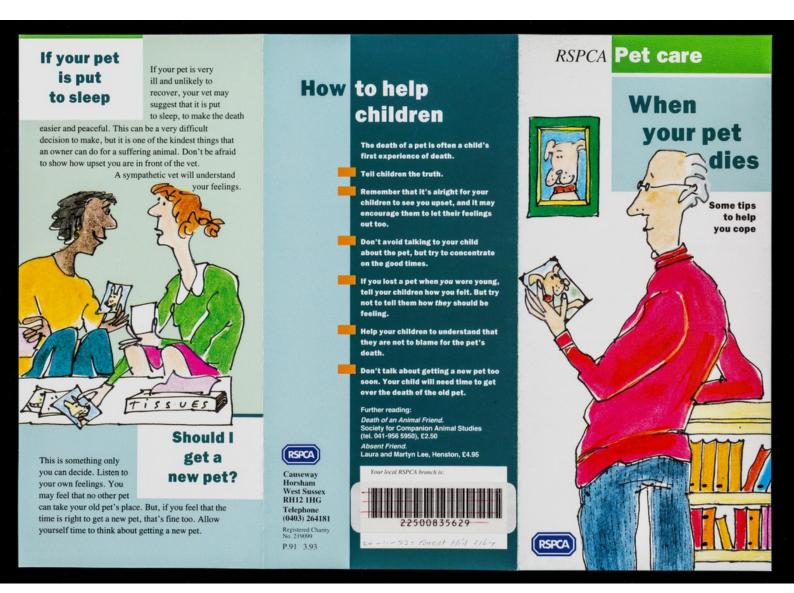
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It's perfectly natural to feel upset and emotional when your pet dies. Your pet has probably been part of your life



for quite a few years. You've looked after it, loved it, fed it, and enjoyed its company.

Give yourself time to get over your loss. No one can say exactly how long this will take, because everyone is different. You may feel better after a few weeks, but some people find that remembering their pet's death still makes them upset, even after several years.

Many people find their own way of coping with the loss of a pet, but we hope that some of the tips in this leaflet will help to make the difficult times a little easier.

Share your feelings

It really helps to talk about your pet's death, especially to friends and relatives who have had a similar experience.

You may be surprised at how many other people have been upset over a pet who has died, and how similar your feelings are.

Some people also find it helpful to write their thoughts and feelings down.

In remembrance

You might like to hold a special ceremony of remembrance in honour of your

pet, perhaps burying a memento or planting a tree or shrub in a favourite part of the garden. Some people feel that this is a good way of showing their pet the respect it deserves. It's also a good opportunity to let out some of your emotions.

Treasure your memories

> It's natural to think about how much you will miss your pet. But try to remember the good times too. Think about your pet's funny habits and what you loved most about it.

It's quite normal to feel angry when your pet dies, or to feel that its death was 'unfair'- particularly if the animal had a serious disease or was involved in a

Feeling angry

if the animal had a serious disease or was involved in an accident. These emotions are part of the process of coming to terms with your loss.

Try not to feel guilty

Try not to blame yourself for your pet's death. If you gave it care and attention during it's life, and took it to your veterinary surgeon when it was ill, you have done all you can. Try not to blame other people either. Vets cannot always save an animal's life. If your pet died as a result of an accident, there was probably nothing you could have done to prevent this.