

A background image featuring several tulips in shades of yellow and pink, set against a solid yellow background. The tulips are in various stages of bloom, with some fully open and others just beginning to unfurl. The lighting is soft, highlighting the delicate textures of the petals.

# Monday Self Care Newsletter

Horizon Grief Resource Center

March always feels like an “in between” time for me. There are still remnants of winter, although it’s clear we’re not in the harshest times of winter any longer. But although there are signs of Spring , such as the birds chirping more, we’re not fully there yet either.

It reminds me of the “in between” times of grief; the ones where we sometimes wrestle with ourselves. Many clients have reflected that the season of winter matched what their grief felt like, and also gave them a reason to isolate from people, be more reflective, and fully feel their feelings. The in-between time shows up, and we might get glimmers of hope, energy, new growth, laughter, or joy.

At first we may want to go back to winter, as guilt may emerge with thought such as “I am dishonoring my loved one by being happy”, “Why should I get to enjoy my life when my loved one is not here?”, or “I shouldn’t be feeling better. I should be in constant pain and grief without my loved one here”. We realize that we got comfortable with winter because we learned how to handle that season of grief. Seeing signs of a new season appear feels very uncomfortable.

Being uncomfortable is a sign of being pushed out of our comfort zone and a sign of growth. We learn during this “in between time” that the pain of grief & the love we have for our person are not truly connected. They are two separate things. The pain of grief can begin to shift and change in intensity, frequency, and duration. But what will always remain is the love we have for our person, the memories we cherish, and the connection we feel with them. This can allow us to challenge that guilt which emerges. We can talk back and say “I have permission to smile, laugh, and have fun”, “My loved one died, but I did not. I am still here and need to live my life”, “I will always love my spouse, even if the pain of grief gets less”.