

# LIVING SIDE-BY-SIDE WITH GRIEF

Constantly living within our grief can be exhausting. We can feel as though our life is just passing us by. But when we try to put grief in the corner and just focus on living, it can feel like a pressure cooker is being created from the unattended grief. So what do we do?

While there is no true *answer* to this, we invite you to take each day and find ways that we can allow our] life and grief to live side-by-side. This allows us to jump back and forth whenever we feel we need to attend to one or the other.

We may be in a wonderful moment of life and feel a wave of grief coming on. Maybe we can allow that wave to come and then pass. Instead of allowing that to rule the rest of our day, we might think about allowing ourselves to slowly work our way back into living our life in that moment - when it feels alright to do so.

**Below are some questions you can ask yourself today to make sure that you are getting what you need in both your life and your grief today.**

## LIVING

Is there an activity that can help bring me back to the present moment?

What is something that is available to me right now, that will bring me enjoyment, comfort, or fulfillment?

What do I need to help me embrace living in this moment?

Is there something healthy that I can do for my life in this moment? (take a walk, get a task done, eat a healthy snack, etc.)

What is something I am looking forward to - short or long term?

## GRIEVING

What do I need to help myself express what I'm experiencing?

How can I take time to remember and honor my person who died in a way that feels right for this moment?

Is it okay for me to just allow myself to feel my grief right now, without trying to fix it? Can I just weather this wave of grief?

Can I talk to someone about what I'm thinking and feeling to help my brain wrap around it all?

Do I just need to allow myself a good cry?