



Grief is such a small word with such large meaning. It can be easy to get caught up in the idea that grief is only an emotional experience we go through after someone in our life dies. But the reality is that grief affects our whole beings and our whole life. We can find power in naming the different aspects of ourselves and our lives that are affected by grief. This can help us see that we are actually coping with A LOT of change, stress, and grief. Maybe they are things you never really even considered before, such as: loss of routine or purpose, change in support, shift in the comfort of a live we knew, etc.

Please remember that these things do not define us, but they can help us see why we may be feeling so tired, overwhelmed, sad, angry, hurt, and scared - among other thoughts and feelings. This helps to name it, acknowledge it, and give ourselves credit for all we are carrying.

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