

RESPECTING THE COMPLEXITY OF GRIEF

IT'S EASY TO UNDERESTIMATE THE COMPLEXITY OF OUR OWN GRIEF. WE MAY THINK, "I'M KNOW I'M SAD, BUT I JUST CAN'T SEEM TO GET MYSELF TOGETHER!"

HERE'S OUR GENTLE REMINDER:

WE ARE COPING WITH SO MUCH MORE THAN JUST THE INITIAL SADNESS (OR OTHER EMOTION) IDENTIFIED. GRIEF IS SO MUCH MORE THAN WE USUALLY REALIZE ON THE SURFACE.

TAKE SOME TIME - WHENEVER IT HITS, TO WRITE DOWN ALL OF THE FEELINGS THAT HAVE BEEN PART OF YOUR GRIEF JOURNEY AND KEEP ADDING TO IT AS YOU GO.

MAYBE WE WRITE THESE FEELINGS ONE ON TOP OF THE OTHER SO THEY CAN'T BE READ. MAYBE WE TRY TO SQUEEZE THEM ALL INSIDE THE CIRCLE. HOWEVER IT FEELS RIGHT FOR YOUR BRAIN AND YOUR HEART TO SHOW THE COMPLEXITY YOU ARE EXPERIENCING AND LIVING THROUGH, DO IT.

THIS CIRCLE IS ALSO HERE TO REMIND US THAT GRIEF IS NOT A LINEAR JOURNEY. FEELINGS WILL NOT JUST BE FELT ONCE AND AND THEN MOVED ON FROM - THEY ARE IN THE CIRCLE OF OUR EXPERIENCE AND CAN POP UP THROUGHOUT OUR JOURNEY.

HOPEFULLY THIS WILL HELP US TO SEE THAT WE ARE COURAGEOUS FOR SHOWING UP EVERYDAY. MAYBE THIS HELPS TO ENCOURAGE US TO TREAT OURSELVES WITH MORE COMPASSION DURING THE TOUGH TIMES.

GIVE YOURSELF SOME CREDIT, YOU ARE DOING YOUR BEST NAVIGATING THIS NEW JOURNEY.

