

Normalizing Your Grief



Grief is a natural response to loss — there is no right or wrong way to grieve



Body & Mind

- You may feel tired, unable to sleep, or want to sleep most of the time
- You may feel hungry, or not want to eat at all
- You might have trouble concentrating and remembering things
- Talking with someone or writing in a journal can help you process your feelings
- Your grief will involve many changes and will constantly develop



Emotions & Experiences

- Deep, painful emotions are normal: sadness, anger, fear, guilt
- Contradictory emotions can coexist — relief and regret, emptiness and overwhelm
- Grief bursts may strike without warning, triggered by a memory, date, or object
- Loss may resurface old issues, feelings, and unresolved conflicts
- Certain experiences later in life may temporarily reawaken grief



Relationships & Growth

- Society may have unrealistic expectations about your mourning
- Sometimes the people we think should help us simply cannot
- Your grief holds the potential for personal growth
- Your love has not died — speaking to them, sharing stories, or keeping photos nearby can keep the connection alive

Adapted from Grief Magazine (2001), Judith Skretny, M.A., and How to Go on Living When Someone You Love Dies by Therese A. Rando, Ph.D.