What Is Grief?

Why does it hurt?

Grief is a natural response to loss — not just death.
We grieve people, relationships, safety, dreams, childhoods, or versions of ourselves that no longer exist.
It's not something you "get over." It's something you learn to live with, piece by piece.
Grief changes shape over time, but it never disappears.
It's the proof that you cared — and that what you lost mattered

How Grief Affects the Mind

- Constantly replaying memories or conversations.
- Difficulty concentrating or feeling disconnected.
- Guilt or regret for what wasn't said or done.
- Questioning purpose, faith, or the meaning of life.
- Feeling foggy, forgetful, or emotionally detached.

Grief can make time feel strange — like you're watching life continue from behind glass.

How Grief Affects the Body

- Tension in the chest, throat, or stomach.
- Fatigue or insomnia.
- Changes in appetite or motivation.
- Body aches that come from emotional pain.
- Sudden waves of emotion that feel physical — crying, shaking, or going numb.

The body holds grief, especially when we don't feel safe enough to release it.

How Grief Affects the Heart

- Feeling angry at the world, or at yourself.
- Numbness — feeling nothing at all.
- Anxiety that something bad will happen again.
- Loneliness, even when surrounded by people.
- Guilt for moments of laughter or relief.
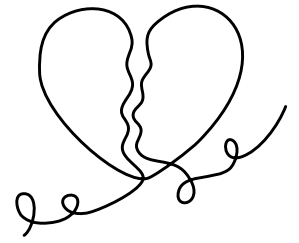
Grief is not a straight line — it loops, fades, and returns unexpectedly. That's normal.

Healing Through Grief

You don't heal by forgetting — you heal by remembering safely.
 By telling the story without drowning in it.
 By finding new meaning, new rituals, and new love alongside your pain.
Helpful ways to process grief:

- Talking or writing about your memories.
- Grounding yourself with breath or nature.
- Creating art, music, or movement to express emotion.
- Seeking therapy or joining a support group.
- Allowing yourself to rest without guilt.

Remember

Grief is not weakness — it's love with nowhere to go.
And even when you feel broken, love is still there, learning to take a new shape.