

What Is Grief?

Grief is love in search of a place to land.

It is the natural response to losing someone or something meaningful. While we often think of grief only in the context of death, grief can arise from any significant loss - a relationship, a home, a job, health, a dream, or even a sense of safety or identity.

Grief Is Not a Straight Line

You may have heard of the "five stages of grief," but real grief is not a checklist. It's a winding, unpredictable journey. You may feel sorrow, anger, numbness, confusion, relief, or even moments of laughter - all in a single day.

Grief can affect:

- Emotions: sadness, guilt, anxiety, anger, relief
- Body: fatigue, sleep issues, appetite changes, tight chest
- Mind: forgetfulness, difficulty focusing, racing thoughts
- Spirit: questioning beliefs, seeking meaning, or feeling disconnected

There Is No Timeline for Healing

Grief has no expiration date. Some days may feel softer. Others may bring the ache right back. Healing happens in rhythms, not deadlines.

You may hear messages like:

- "You should be over this by now."
- "Be strong."
- "Everything happens for a reason."

What Is Grief?

Please know: Your grief is valid. You are not too much. You are not broken. You are human.

What Grief Needs

- Permission to feel - all of it, even the messy parts
- Presence - people who can sit with you, not fix you
- Pacing - time and space to heal in your own way
- Practices - breathing, journaling, rituals, or support groups that offer comfort and grounding

Reflection Prompt

Think about a recent moment when your grief surprised you.

- What emotion showed up?
- What did you need in that moment?

Give yourself grace. Healing starts with noticing.

"You don't have to heal all at once. You just have to begin."

The Good Grief Healing Center