

NUMBNESS

A NATURAL RESPONSE TO OVERWHELM

Numbness is a common part of grief. It can feel like being disconnected, empty, or in a fog. This is a normal response to protect you from pain that feels too much to bear right now.

Your numbness is valid.
You are doing the best you can.

You don't have to feel anything right now. Numbness is your mind and body's way of protecting you while you heal.

WHAT IS NUMBNESS?

Numbness is feeling emotionally or physically shut down. You might feel empty, detached, or like you are just going through the motions. It is your mind and body's way of coping with overwhelming pain and stress.

HOW NUMBNESS MAY FEEL

- Feeling disconnected or distant
- Emotional emptiness
- Trouble feeling happiness or joy
- Going through the motions
- Trouble remembering things
- Lack of motivation or interest
- Feeling like life isn't real

WHY IT HAPPENS

When grief feels unbearable, your mind and body may shut down emotions to protect you. It is a natural survival response that gives you time and space to heal at your own pace.

HOW LONG DOES IT LAST?

There is no set timeline for numbness. It may last days, weeks, or months. It will lift when you are ready, and feelings will slowly return. Be gentle and patient with yourself as you heal.

GENTLE WAYS TO CARE FOR YOURSELF



Give yourself permission to take things one moment at a time.



Focus on small, simple things that help you feel steady.



Write down your thoughts when you feel ready.



Create moments of calm and quiet in your day.



Be kind to yourself. You are doing your best right now.

Remember This

Numbness is not forever. It is a season of protection, not a sign you will never feel again. Healing happens in its own time. You are not alone. *Take it one breath, one moment, one day at a time.*

NOTES



MOURNING
—Discoveries—
GRIEF SUPPORT SERVICES

EDUCATE ♥ EMPOWER ♥ ENCOURAGE ♥ HEAL

Compassionate support, resources, and education to help you navigate grief and discover hope.