

UNDERSTANDING WHAT YOU ARE *Feeling Today* ♥

There Is No Right Way to Feel After a Loss

*Whatever you are feeling today
deserves compassion.*

Grief is not one emotion.

It can be sadness, anger, fear, guilt, relief, confusion, loneliness, yearning, numbness—or several feelings all at once.

Some emotions may surprise you.

Some may change from hour to hour.

All of them are part of being human.



*"Every feeling
has a place
in grief."* ♥

WHY EMOTIONS FEEL SO INTENSE

 ♥

After a significant loss:

- ♥ Your world has changed.
- ♥ Your sense of safety may feel shaken.
- ♥ Your brain is working hard to process what happened.
- ♥ Your heart is learning to live with absence.
- ♥ Your body is carrying stress and grief.

*Emotions are not a sign that
you are failing.*

They are signs that you are grieving.

COMMON FEELINGS AFTER LOSS

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Sadness



Anger



Fear



Anxiety



Loneliness



Confusion



Guilt



Regret



Relief



Numbness



Overwhelm



Hope

IT'S NORMAL IF...

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- ♥ Your emotions change quickly.
- ♥ You cry unexpectedly.
- ♥ You feel nothing at all.
- ♥ You feel several emotions at once.
- ♥ You feel exhausted.
- ♥ Certain days feel harder than others.
- ♥ You don't understand what you are feeling.

WHAT YOUR FEELINGS MAY BE TELLING YOU

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- ≈ Sadness may reflect love.
- ≈ Anger may reflect pain or helplessness.
- ≈ Fear may reflect uncertainty.
- ≈ Guilt may reflect wishing things were different.
- ≈ Loneliness may reflect missing connection.
- ≈ Numbness may reflect emotional protection.

GENTLE WAYS TO CARE FOR YOURSELF

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Pause and notice
what you are feeling.



Journal your
thoughts.



Take a short
walk.



Talk with someone
you trust.



Listen to calming
music.



Spend time
outdoors.



Practice
self-compassion.



Reach out for
support.



Allow yourself
time and grace.

REMEMBER THIS

 ♥

*You do not have to
judge your feelings.*

*You do not have to
fix your feelings.*

*You do not have to
rush your feelings.*

*You only need to
allow them.*

SMALL STEPS FOR TODAY

 ♥

- ☐ Name one feeling I am experiencing.
- ☐ Take three slow breaths.
- ☐ Drink a glass of water.
- ☐ Reach out to one supportive person.
- ☐ Give myself permission to feel what I feel.
- ☐ Do one kind thing for myself.

YOU ARE NOT ALONE

 ♥

Every feeling has a place in grief.
There is no perfect way to grieve.
There is only your way.

*And whatever you are
feeling today, it matters.*



Your feelings are not problems to solve.
They are experiences to honor. ♥



**MOURNING
DISCOVERIES**

Compassionate Grief Support,
Education, and Hope.

*You do not have to
walk this path alone.* ♥

