

MEN AND GRIEF

Understanding Grief Through a Different Lens



There is no single way for a man to grieve. Some men talk openly and cry easily. Others become quieter, more active, practical, protective, or focused on taking care of what needs to be done. Personality, family expectations, culture, faith, relationships, and the circumstances of the death all shape the grief experience.

GRIEF MAY NOT LOOK LIKE SADNESS

Grief can appear as tears, silence, irritability, fatigue, restlessness, humor, work, exercise, problem-solving, or a need for time alone. A man can look composed and still be hurting deeply.

ACTION CAN BE A WAY OF GRIEVING

Planning, repairing, organizing, exercising, helping family, working with his hands, or creating something in memory of the person can give grief a place to go. Doing is not automatically avoidance.

WORDS ARE NOT THE ONLY MEASURE

Some men need conversation. Others process internally and speak when they are ready. The amount a man talks about his grief does not measure how much he loved the person who died.

SUPPORT SHOULD FIT THE PERSON

Helpful support may be a trusted friend, a walk, a project, a faith community, a grief group, counseling, practical information, or simply someone who is willing to be present without pressure.

WHAT CAN HELP

Pay attention to what helps you feel grounded and connected. Make room for activity and rest. Choose at least one person with whom you can be genuine, even if the conversation is brief.

REMEMBER THIS

There is no right way to grieve. Your grief is as unique as your love.

“Strength in grief is not hiding every feeling. Sometimes strength is allowing the loss to matter.”

- Mourning Discoveries

