

SHOCK

UNDERSTANDING GRIEF

A NATURAL RESPONSE TO SUDDEN LOSS

Shock is often the first response to loss.
It can feel as if the world has stopped
while everyone else keeps moving.
You may know what happened, but part of you
may struggle to believe it.

Shock is not weakness.
It is your mind and body's way of protecting you
from more pain than you can process at once.

? WHAT IS SHOCK?

Shock is a temporary
protective response.
It helps slow the impact of
overwhelming information.
You may feel detached, numb,
confused, or as if you are
watching life happen from
a distance.

♡ HOW SHOCK MAY FEEL

- ♡ Numbness
- ♡ Disbelief
- ♡ Confusion
- ♡ Feeling disconnected
- ♡ Difficulty concentrating
- ♡ Forgetfulness
- ♡ Emotional emptiness
- ♡ Feeling like you're moving
through a dream

♡ WHY IT HAPPENS

When loss occurs, the
brain and nervous system
can become overwhelmed.
Shock acts like a buffer.
It gives your heart and mind
time to absorb what has
happened little by little.

🕒 HOW LONG DOES IT LAST?

There is no timeline.
Shock may last hours,
days, weeks, or longer.
It often comes and goes.
You may begin to feel more
emotions as the reality of
the loss slowly settles in.

♡ GENTLE WAYS TO CARE FOR YOURSELF

- ♡ Focus on simple tasks.
- ♡ Rest when you need to.
- ♡ Drink water and nourish your body.
- ♡ Accept help when offered.
- ♡ Take one moment at a time.
- ♡ Avoid major decisions if possible.

♡ REMEMBER THIS

*You do not need to
understand everything today.
You do not need to be
strong every moment.
Your mind is protecting you.*

*One breath.
One moment.
One day at a time.*



IT'S OKAY TO TAKE THINGS ONE MOMENT AT A TIME.

There is no right or wrong way to grieve.
You are doing the best you can, and that is enough.



MOURNING
Discoveries
GRIEF SUPPORT SERVICES

EDUCATE ♡ EMPOWER ♡ ENCOURAGE ♡ HEAL

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



You are not alone. Your grief matters. Your healing matters. You matter.

