



YEARNING *and* GRIEF

*When the Heart Still Longs
for Someone You Love*



A gentle reminder: Yearning is not a sign of weakness.
It is the natural echo of love that remains.



WHAT IS YEARNING?

Yearning is the deep longing
for your loved one.
It can come in waves
and catch you off guard.

Yearning may show up as:



A deep ache in
your heart for
their presence



Thinking of them
and wishing they
were here



Feeling an emptiness
that words
can't fill



Longing during
quiet moments or
life events



Missing the future
you imagined
together



YOU ARE NOT ALONE

Yearning is a normal, natural
part of grief. It doesn't mean
you are not healing.



WHY WE YEARN



Because love doesn't end
when someone dies.



Because the bond you
shared is real and lasting.



Because your heart
remembers what your
mind can't forget.



Because a part of you
will always carry them
with you.



GENTLE WAYS TO COPE WITH YEARNING



Talk to them in your heart.
It's okay.



Create a small ritual
to feel connected.



Write down your
feelings.



Allow the longing—
don't fight it.



Reach out to someone
who understands.



Do something that
nourishes your soul.



Be patient and kind
with yourself.

Remember This



Your yearning is love
with no place to go.

It will soften over time,
but it will never disappear—
because love never disappears.

You are not trying to
move on from them.

You are learning to carry
them with you as you
move forward.



All of your feelings are valid. All of your love is lasting.



YOU ARE NOT ALONE



♥ Your grief matters. ♥ Your healing matters. ♥ You matter.



MOURNING
Discoveries
GRIEF SUPPORT SERVICES

EDUCATE ♥ EMPOWER ♥ ENCOURAGE ♥ HEAL
Compassionate support, resources, and education
to help you navigate grief and discover hope.