



UNDERSTANDING GRIEF

OVERWHELM

A NATURAL RESPONSE TO TOO MUCH

Overwhelm is a common part of grief. When too much hits you all at once, it can feel like you are drowning in emotions, responsibilities, and changes you never expected. This is a normal response to loss and transition.

You don't have to carry it all right now. One small step at a time is enough.

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

WHAT IS OVERWHELM?

Overwhelm is the feeling of being filled beyond what you can manage. It can affect your body, mind, and spirit. It can show up as exhaustion, anxiety, irritability, or feeling like you just can't keep going.

HOW OVERWHELM MAY FEEL

- Feeling like everything is too much
- Crying easily or feeling emotional
- Trouble concentrating or thinking
- Physical tension or fatigue
- Irritability or frustration
- Wanting to shut down or escape
- Feeling like you can't catch your breath

WHY IT HAPPENS

Grief brings changes, decisions, and emotions that can pile up. When our capacity is exceeded, our body and mind protect us by signaling that we need help, rest, and relief.

HOW LONG DOES IT LAST?

There is no set timeline for overwhelm. It may come and go, rise up unexpectedly, or stay for a while. Be patient and gentle with yourself as you navigate your grief.

GENTLE WAYS TO CARE FOR YOURSELF



Take slow, deep breaths. Ground yourself in this moment.



Focus on one small thing at a time.



Write it out. Get the swirl out of your mind.



Step away when you can. Rest is not giving up.



Reach out. You don't have to do this alone.



Be kind to yourself. You matter.

Remember This

You are not weak for feeling overwhelmed.
You are human. You are grieving.
You are not alone. Take it one breath, one moment, one day at a time.



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. ♥