

UNDERSTANDING GRIEF

SADNESS

A NATURAL AND NECESSARY PART OF LOVE

Sadness is one of the most common and natural responses to loss. It is your heart's way of honoring the love you shared and the life that has changed forever.

It's okay to be sad.

Your sadness is a reflection of your love.

Give yourself permission to feel what you feel. You are doing the best you can right now.

WHAT IS SADNESS?

Sadness is the emotional pain you feel after a loss. It can be deep, heavy, and overwhelming at times. It comes in waves and is a normal part of grieving.

HOW SADNESS MAY FEEL

- ♥ Crying or tears that come and go
- ♥ A deep ache in your heart
- ♥ Feeling empty or heavy
- ♥ Missing your person intensely
- ♥ A sense of longing or loneliness
- ♥ Fatigue or low energy
- ♥ Feeling hopeless at times
- ♥ Grief that comes in waves
- ♥ Difficulty finding joy right now

WHY IT HAPPENS

Sadness is your heart's way of processing the loss. It helps you begin to adjust to a world that looks and feels different without your loved one.

HOW LONG DOES IT LAST?

Sadness does not have an expiration date. It may come and go, shift in intensity, or surprise you. There is no "right" amount of time to be sad. Be patient and gentle with yourself.

GENTLE WAYS TO CARE FOR YOURSELF



Allow yourself to feel without judgment.



Take care of the basics: rest, eat, hydrate.



Give yourself permission to rest when you need to.



Talk to someone you trust. You don't have to carry it alone.



Write your feelings down. It can help release some of the heaviness.



Be kind and gentle with yourself.

Remember This

Sadness is not a sign of weakness. It is a sign that your love was real. There is no hurry. You will heal in your own time. *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. ♥