



THE ROLLER COASTER OF Grief

EMOTIONS CHANGE. AND THAT'S OKAY.

Grief is not a straight path.
It's a roller coaster with ups and downs,
twists and turns, and unexpected drops.

*You are not doing it wrong.
You are doing it your way.*

*"Some days are
highs. Some days
are lows. And
some days are
both—at the
same time."*

WHY GRIEF FEELS LIKE A ROLLER COASTER

- ♥ Your world has been changed forever.
- ♥ Your heart is healing.
- ♥ Your mind is trying to make sense of the loss.
- ♥ Emotions come in waves.
- ♥ Some days feel heavier than others.

It's all part of the journey.

THE UPS AND DOWNS ARE NORMAL



Good days can happen.

Joy does not mean you are forgetting.



Hard days will also happen.

Sadness comes in waves.



Emotions can change quickly.

One moment you're okay. The next, overwhelmed.



Both can exist at the same time.

You can smile and still feel pain deep inside.

IT'S NORMAL IF YOU...

- ♥ Feel happy one moment and sad the next.
- ♥ Have good days, then hard days.
- ♥ Cry unexpectedly.
- ♥ Feel anxious or overwhelmed.
- ♥ Feel like you're "moving forward" and then go backward.
- ♥ Don't know how you'll feel from one hour to the next.

There is no predictable pattern in grief.

WHAT MIGHT TRIGGER A DROP?

- Anniversaries and special dates
- Memories and reminders
- Holidays and changes in seasons
- Seeing someone or hearing a song
- Stress, fatigue, or overwhelm
- Life transitions

Sometimes, there is no reason at all.

GENTLE WAYS TO RIDE THE COASTER



Take breaks.



Be kind to yourself.



Talk with someone you trust.



Journal your feelings.



Spend time outdoors.



Listen to soothing music.



Take slow, deep breaths.



Create moments of comfort.



Give yourself grace.

REMEMBER THIS

You can't stop the ride, but you can take care of yourself along the way.

Your feelings are not problems to fix. They are part of your healing.

There is no right way to ride the roller coaster of grief.

ON THE HARD DAYS

- ♥ Lower your expectations.
- ♥ Do only what you can.
- ♥ Rest without guilt.
- ♥ Let others help if they offer.
- ♥ Remind yourself: This feeling will not last forever.



Good days and hard days can both be part of the same love.

ON THE GOOD DAYS

- ♥ Enjoy the moments.
- ♥ You are allowed to feel joy.
- ♥ Laughter is healing.
- ♥ Good days do not mean grief is gone.
- ♥ They are gifts—cherish them.

Be patient with your heart.

Healing is not linear. It is a winding path with many turns.

You are stronger than you know.



**MOURNING
DISCOVERIES**
Compassionate Grief Support,
Education, and Hope.

*You do not have to
walk this path alone.*

