



5 Signs Your Grief May Be Getting Stuck

+ When to Seek Support

Grief has no "right" timeline. But when the pain becomes heavy and unmanageable, it may be time to reach out for extra support.

You don't have to do it alone.



1



Overwhelming sadness that doesn't come in waves — it's constant.

2



Trouble sleeping, eating, or getting through the day.

3



Feeling numb, disconnected, or like life has no meaning.

4



Avoiding people, places, or things that remind you of them.

5



It's been 12+ months and your grief is debilitating or impairing daily functioning.



IT'S OKAY TO GET SUPPORT.

If your grief is interfering with your life after 12+ months, please talk to a therapist or medical provider. You don't have to go through this alone.



Remember

Healing is not forgetting. It's learning to carry love differently.

YOU ARE ALLOWED TO:

-  Still miss them
-  Have good days and hard days
-  Laugh again
-  Build a life that includes both love and loss

