

A photograph of a woman with red hair, seen in profile from the chest up, looking out a window. She is wearing a dark sweater over a white collared shirt. Her right hand is resting on the windowsill. The scene is dimly lit, with light coming from the window. The entire image is overlaid with a semi-transparent yellow filter.

WHAT IS GRIEF, REALLY?



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Grief isn't just sadness.

It's not something that only happens when someone dies.

Grief is the natural emotional response to any kind of loss especially the losses that change your life in ways you didn't choose.

It's the feeling of trying to live in a reality that doesn't match what you expected, wanted or once had.



LET'S CLEAR UP A FEW COMMON MYTHS

There's a lot of misunderstanding around grief and those misconceptions can actually make things harder.

Myth 1: Grief is just sadness

Grief can include sadness, but it's also anger, guilt, numbness, confusion, even relief. It's rarely just one emotion.

Myth 2: Time heals all grief

Time can soften things, but it doesn't resolve what feels unfinished. Many people carry grief for years because it hasn't been properly processed.

Myth 3: There's a "right way" to grieve

There isn't. Grief doesn't follow a neat timeline or set of stages. Everyone's experience is different.

Myth 4: You should be "over it" by now

Grief isn't something you get over. It's something you learn to move through at your own pace.



GRIEF ISN'T JUST ABOUT DEATH

While bereavement is one of the most recognised forms of grief, it's far from the only one.

People experience grief after:

- Losing a loved one
- A breakup or divorce
- Job loss or redundancy
- Retirement or loss of identity
- Health changes or diagnosis
- Estranged or difficult relationships
- Moving away from a place or life you loved
- Expectations that didn't come true

In fact, many people are grieving without even realising it because their loss doesn't "fit the mould."





HOW GRIEF ACTUALLY FEELS

Grief affects more than just your emotions. It can show up everywhere.

Emotionally:

- Sadness or tearfulness
- Anger or frustration
- Guilt or regret
- Numbness or disconnection

Mentally:

- Difficulty concentrating
- Racing or looping thoughts
- “What if” and “if only” thinking
- Feeling overwhelmed or stuck

Physically:

- Fatigue or low energy
- Brain fog
- Tight chest or heaviness
- Changes in sleep or appetite

This is why people often say:

“I don’t feel like myself anymore.”

Because grief doesn’t just affect how you feel it affects how you function.



WHY PEOPLE FEEL “STUCK” IN GRIEF



One of the most frustrating parts of grief is feeling like you're not moving forward no matter how much time has passed.

This usually isn't because something is wrong with you.

It's often because:

There are things left unsaid
Conversations you wish you'd had. Words you didn't get to express.

There are unresolved emotions
Guilt, anger, regret feelings that haven't had a safe place to be processed.

You've been taught to **avoid** it
"Stay strong." "Keep busy." "Don't dwell."

These messages can lead people to suppress grief rather than work through it.

You don't have the right tools.

Talking helps but on its own, it doesn't always resolve the deeper emotional impact of loss.

Grief **doesn't** go away just because time passes.

It softens when it's given the attention and structure it needs.



THE TRUTH ABOUT GRIEF

Grief is painful because something mattered.

It reflects connection, love, meaning and sometimes unmet hopes or expectations.

Feeling stuck in grief doesn't have to be permanent.

With the right kind of support, it's possible to:

- **Make sense of what you're feeling**
- **Process what feels unfinished**
- **Feel lighter, calmer, and more like yourself again**

IF THIS RESONATES

Grief can feel heavy, messy, and sometimes impossible to navigate by yourself.

You don't have to carry it alone. I can help you make sense of what you're feeling, work through what's unfinished, and find a way to feel lighter, bit by bit.

Here's how to reach me:

Email: clare@peopleboost.co.uk

Phone: 07885 194 728

Or, if you prefer, you can [book a free discovery call](#).

We'll chat at your pace in a way that feels safe and supportive and figure out what kind of help would work best for you.

Grief isn't something you need to "fix." It's something you can move through and I'll be here to guide you.