

You are not alone
in this. ♥

Why Does My Brain Feel Broken After a Loss?

It probably is not broken. It may be overloaded.

DIFFERENT DAYS. THE SAME LOVE. ♥

What grief brain can feel like

GRIEF CAN AFFECT HOW YOUR BRAIN THINKS, REMEMBERS, AND FOCUSES.

- Brain fog
- Forgetfulness
- Losing track of conversations
- Trouble reading or focusing
- Feeling slow or blank
- Hard time making decisions

It's not you.
It's grief. ♥



Why this happens

After a major loss, your brain is using a lot of energy to deal with stress, emotion, change, and survival. That can leave fewer resources for everyday thinking.



When overwhelm looks like freeze

IT CAN BE HARD TO MOVE FORWARD
WHEN YOUR SYSTEM FEELS OVERLOADED.

- Staring into space
- Feeling numb or unreal
- Not knowing what to do next
- Feeling stuck
- Wanting to shut down

This can be a protective nervous-system response when things feel too much.



What may help

SMALL STEPS CAN MAKE A BIG DIFFERENCE.

- Lower expectations
- Write things down
- Do one thing at a time
- Eat, drink, and rest
- Use grounding
- Let someone sit with you
- Repeat information as needed.



Important reminder

Difficulty thinking after a loss is common.
It does not mean you are weak, lazy,
or losing your mind.

Your brain is human.
And it is doing its best. ♥



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SUPPORT • UNDERSTANDING • A KINDER TOMORROW

Hope still belongs here. ♥