



You are not alone
in this.



Grief & Loss Series 
REAL PEOPLE. REAL FEELINGS.
A KINDER TOMORROW.

Grief Is Not a Straight Line

Some days you feel it. Some days you function. Both are grief.



DIFFERENT DAYS. THE SAME LOVE.

What grief can look like

GRIEF CAN SHOW UP IN MANY WAYS.
THERE IS NO RIGHT OR WRONG WAY TO FEEL.

- Sadness
- Numbness
- Anger
- Guilt
- Relief
- Brain fog
- Longing
- Tears
- Irritability
- Physical exhaustion
- Moments of feeling normal

*All of
your feelings
make sense.*



You do not have to move through stages in order

Grief is not a checklist. There is no one right timeline. You may feel many things, in a different order, and sometimes all at once. Your grief is valid, no matter how it unfolds.

*There
is no
right
timeline.*



Two kinds of coping

PEOPLE OFTEN COPE WITH GRIEF IN TWO WAYS.
BOTH ARE NORMAL. BOTH ARE NEEDED.

Turning toward the loss

MAKING SPACE FOR THE PAIN.

- Crying
- Missing them
- Talking about them
- Looking at photos
- Remembering
- Feeling the pain



Turning toward life

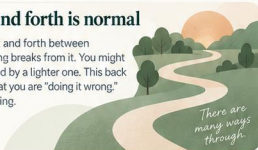
TAKING A BREAK, DOING WHAT HELPS.

- Work
- Kids
- Meals
- Errands
- Paperwork
- Resting
- Laughing
- Distraction
- Routine



Moving back and forth is normal

Most people move back and forth between feeling the loss and taking breaks from it. You might have a hard day, followed by a lighter one. This back and forth is not a sign that you are "doing it wrong." It's a natural part of coping.



*There are
many ways
through.*

What may help

GENTLE SUPPORTS FOR THE HARD DAYS.

- ✓ Lower expectations.
- ✓ Lean on safe people.
- ✓ Keep simple routines.
- ✓ Allow grief waves.
- ✓ Rest without guilt.

*You don't
have to do
this alone.*



Want to know more?

Visit leanneatkinson.ca

Hope still belongs here.



SUPPORT • UNDERSTANDING • A KINDER TOMORROW