

## **Allowing Ourselves to Grieve: The Path to Healing**

Posted March 7, 2025

Grief is an inevitable part of life, yet so many of us struggle to allow ourselves the time and space to fully experience it. Whether we are mourning the loss of a loved one, the end of a marriage, the loss of a job, or even the transformation of our identity after surviving a life-altering illness, grief is a deeply personal and necessary process. It is not something to be suppressed, rushed, or ignored. Instead, it is something we must embrace if we are to heal.

### **Understanding Grief**

Grief is often associated with death, but it is not limited to it. We grieve the loss of relationships, our health, dreams that no longer seem possible, and even the person we used to be. Any significant change in life, whether expected or sudden, can trigger grief. Yet, society often encourages us to move on quickly, to be “strong,” or to “look on the bright side.” While positivity has its place, denying ourselves the opportunity to grieve only prolongs our pain.

There is no universal way to grieve. Some may cry, some may retreat into solitude, and others may throw themselves into work or distractions. The important thing is to recognize grief for what it is: a natural response to loss, and to allow ourselves to feel it without shame.

### **The Importance of Allowing Grief**

Suppressing grief can have long-term effects on our mental, emotional, and even physical health. Unprocessed grief can manifest as anxiety, depression, anger, or even physical symptoms like fatigue and headaches. It can create emotional walls that prevent us from forming deep connections with others.

On the other hand, allowing ourselves to grieve helps us process emotions in a healthy way. It enables us to honour what we have lost while making room for healing and renewal. Grieving does not mean we are weak; it means we are human.

### **Ways to Navigate Grief**

- 1. Give Yourself Permission to Feel**

The first step in grieving is to acknowledge your emotions. Allow yourself to feel sadness, anger, confusion, or even relief. There is no “right” way to grieve, and whatever you feel is valid.

- 2. Seek Support**

Grief can feel isolating, but you don’t have to go through it alone. Lean on friends, family, support groups, or a therapist. Talking about your loss can be cathartic and can help you feel less alone.

- 3. Create Rituals of Remembrance**

Whether lighting a candle for a lost loved one, writing a letter to your former self, or holding a small ceremony to mark the end of a relationship, creating rituals can provide a sense of closure.

- 4. Be Patient with Yourself**

Healing takes time. Some days will feel easier than others, and that’s okay. Grief isn’t linear, and there’s no deadline for when you should “be over it.”

- 5. Find Ways to Honour Your Journey**

While grief can be painful, it can also be transformative. In time, you may find meaning in your experiences, whether it’s through helping others, creating art, or simply appreciating the resilience you’ve developed.

### **Moving Forward, Not Moving On**

Grief doesn’t mean forgetting, and healing doesn’t mean erasing the past. Rather, it is about finding a way to carry our experiences with us in a way that allows us to live fully. By allowing ourselves to grieve, we give ourselves permission to heal, to grow, and to embrace life in all its complexity.

If you are grieving, know this: you are not alone, and your grief matters. Allow yourself the space to feel, to remember, and, when the time is right, to begin again.