

Finding Your Way Through Grief

After losing someone you love, it might feel impossible to imagine what comes next. Grief isn't something you fix—it's something you move through. And while no two journeys look the same, these ideas might help you take your next step, one day at a time.

Let yourself grieve.

Grief is a natural response to love and loss. It's okay to feel pain, sadness, anger, or longing—sometimes all at once. Don't try to hide or push away those feelings. Let them come. Let them be what they are. Suppressing grief doesn't make it go away—it just delays the healing.

Express what you're feeling.

Tears, silence, anger, laughter, stories—there's no wrong way to grieve. Let your feelings move through you. Talk with a friend. Cry when you need to. Share a memory. Say the hard thing out loud. You don't have to hold it all inside.

Give yourself time.

Grief doesn't follow a schedule. Some days will feel heavy, others will feel lighter—and that's normal. Healing happens in its own way and in its own time. Trust that your heart will begin to carry the loss differently. You won't always feel the way you do now.

Stay connected.

It's okay to take breaks from your grief. Lean on your people. Reach out for support. Fill your day with small moments of comfort—whether it's time with a friend, a familiar routine, or a new activity. You don't have to move through this alone.

Try journaling.

Writing can be a safe place to put what you're feeling—especially things that are hard to say out loud. A journal gives you space to reflect, release, and be honest with yourself. There's no pressure to write "the right thing"—just write what's real.

Move your body.

Grief affects us physically, too. Movement can help ease some of the tension and pain. A short walk, gentle stretching, or any kind of movement you enjoy can support your healing. Even five minutes can make a difference.

Let yourself make changes.

It's natural to want to hold on to the way things were. And it's okay to make space for something new. Small changes—like rearranging a room or starting a new habit—can help you feel more grounded in the present, while still honoring your past.

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You're not alone in this.

Whatever you're feeling—there's room for it. Take things one step at a time. Reach for support when you need it. And remember, your grief is a reflection of your love. Give yourself the same care and compassion you'd give a friend.