

When Grief Comes in Waves

Grief can arrive unexpectedly. A wave may feel intense, then soften again. You do not have to make the wave disappear.

What tends to trigger a wave of grief?

How do I notice it beginning?

What happens in my body?

What thoughts or memories appear?

What do I usually do when a wave arrives?

What helps me stay with the moment safely?

Who could I contact if it feels too much?

A reminder I can give myself during a wave is...