

Understanding My Grief

Grief is personal and does not follow a fixed timetable. This page gives you space to notice what your grief feels like today.

What loss am I carrying?

What feels hardest at the moment?

Which emotions have been showing up?

How has grief affected my body or energy?

How has it affected everyday life?

What do I wish other people understood?

What has helped, even slightly?

What do I need most today?