

A Letter for When Grief Comes in Waves

Dear you,

Grief can move through a day in ways you cannot predict. A memory, a date, an ordinary object or a quiet moment can bring it close again. If it feels like a wave, you do not have to argue it away or explain why it has come now.

There is no timetable you have to meet. You may feel sorrow alongside anger, numbness, laughter or moments when life feels ordinary. None of those feelings means you cared less or are grieving incorrectly.

For this moment, look for one thing that might help you feel held: a trusted person, a familiar routine, or a few minutes somewhere quieter. If reaching out is hard, you could say, "Grief is close today. Could you stay with me for a little while?"

You are allowed to remember, rest and keep living at your own pace. What matters does not have to be forgotten for you to find moments of steadiness.

With care,