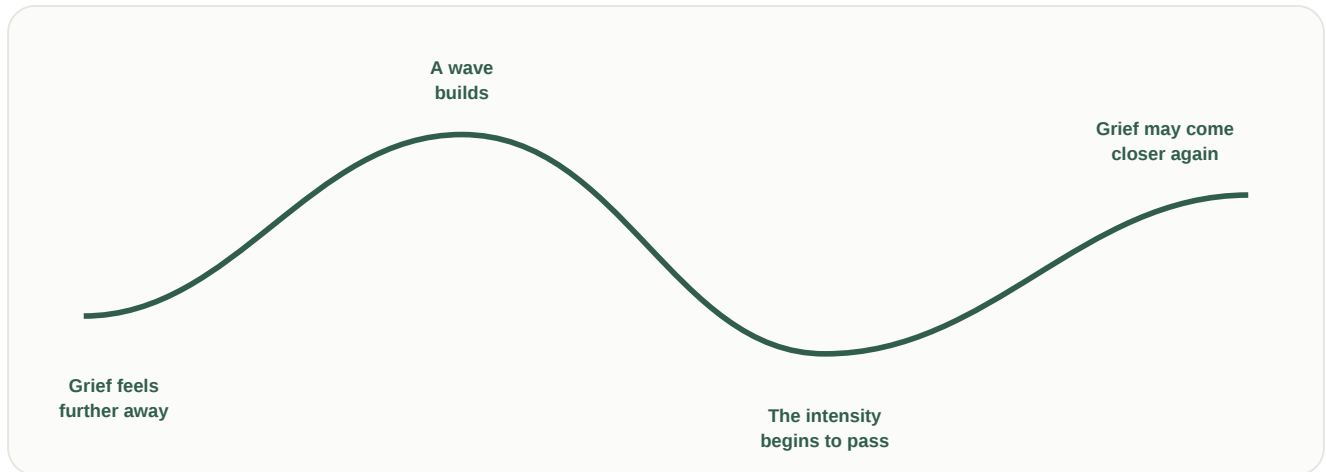


Understanding Grief Waves



Grief does not usually move in a straight line. It can feel closer and more intense at some times, and further away at others.



WAVES CAN HAVE TRIGGERS

Anniversaries, photographs, places, songs, conversations, milestones or unexpected reminders can bring grief closer.



SOMETIMES THERE IS NO CLEAR TRIGGER

A wave can also arrive without an obvious reason. You do not need to explain every change in your grief.



A STRONG WAVE IS NOT GOING BACKWARDS

Feeling grief intensely again does not necessarily mean you have lost progress. Grief can change and return in different ways.



THE AIM IS NOT ALWAYS TO STOP IT

Sometimes the task is to notice the wave, make room for what is present and use the support that helps you move through it.

A wave of grief will not always feel this intense.

You do not have to make it disappear. Focus on what helps you through this moment.

My Grief Waves



Use this page to notice your own grief waves and what helps when grief feels especially close. There are no right answers.

WHAT TENDS TO BRING MY GRIEF CLOSER?

People, places, memories, anniversaries, milestones, conversations - or sometimes nothing I can identify.

HOW DO I KNOW A WAVE IS COMING?

What do I notice in my thoughts, feelings, body or behaviour?

WHAT IS THE WAVE LIKE FOR ME?

What happens when grief feels particularly close or intense?

WHAT HELPS ME THROUGH THE WAVE?

People, places, actions, memories, rituals, rest, space or other forms of support.

WHAT DO I NEED FROM OTHER PEOPLE?

What feels supportive? Is there anything people do or say that is less helpful?

WHEN THE NEXT WAVE COMES, I WANT TO REMEMBER...

Write something you would like to be able to come back to when grief feels intense.

Using this with your psychologist

You might explore patterns in your grief waves and identify supports that feel right for you.