

GRIEF REMINDEERS

TODAY, I
AM GOING
TO GIVE IT
MY SOME.

BE THE
THINGS
YOU LOVED
MOST
ABOUT THE
PEOPLE
WHO ARE
GONE.

I HOPE YOU KNOW
IT'S OK IF YOU
STRENGTH LOOKS
A LITTLE
DIFFERENT IN THIS
SEASON.

THE PAIN OF
GRIEF EBBS
AND FLOWS
AND IF WE
DON'T MAKE
TIME TO FEEL
IT, WE ARE
LEFT TENSE
AND
EXHASUSTED.

NO RULE BOOK. NO
TIME FRAME. NO
JUDGEMENT. GRIEF IS
AS INDIVIDUAL AS A
FINGERPRINT. DO
WHAT IS RIGHT FOR
YOUR SOUL.

LOVING
SOMEONE YOU
DON'T SEE
EVERY DAY IS
NOT A BAD
THING. IT'S
JUST PROOF
THAT LOVE IS
NOT IN SIGTH
BUT IN THE
HEART.

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