

# SEASONS OF GRIEF

ALLOWING GRIEF TO GROW & CHANGE

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Many of us do not grow up learning how to grieve.

Death, grief, and mourning are not topics that are seen as acceptable or comfortable areas of conversation in our society. Because of this, it is common to hear questions such as, "I don't know if I'm doing this [grieving] right." and "I'm starting to feel different, but I'm afraid that means that I will forget my person."

What is the first thing that pops into your mind as you hear the word: grief. Many might answer with words such as sad, heartbreaking, hurt, devastated, etc. While we may feel these often within our grief journey, they are just pieces of our experience. What if I were to add words such as connection, hope, growth, and change. How do those sit with you? As we are grieving, it is a natural human trait to find areas of resilience and growth - even during these tough times.

**"I STOPPED CRYING,  
BUT I WAS STILL  
GRIEVING."**

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"It's good to see you're doing better." That's not what it mean though. I was still grieving, but to the world I was moving on. And that hurt. I couldn't explain that this was still grief. Initial loss made sense. It was overwhelming, all consuming, and I cried, a lot. But I don't cry like I used to. I wake up every day and I remember you're not here, but I don't always cry, and sometimes that doesn't even make sense to me. Grief is hard to explain, when you can't even understand it yourself. I stopped crying, but I was grieving."

- Glitter & Grief



Just as we grow and change throughout our lives, our grief will do the same. We may have some core values or traits that we will always keep close to us - grief does the same. Grief will always be based in our love and the missing of that person/people.

Even though there may be times where it doesn't feel like it, grief is a natural experience. So let's bring in other aspects of nature and examine the connections that grief has to the natural world. As we are currently in a shift of seasons, let's look at where our grief may be shifting as well.

We might often hear or feel the winter of grief. It can feel cold, dark, and lonely. It's alright to be in these times and care for yourself in ways that you would during the winter months. Maybe you feel yourself hibernating a bit more, trying to find comfort in a warm blanket or a cup of tea or coffee. These might be slower and quieter times in your grief - it's okay to let them be just that.

Other times you may feel yourself growing and changing - slowly but surely. These may be your spring times of grief where you can feel shifts that might feel lighter and brighter. You may have a renewed sense of hope or of the future. Take these times to breathe deeply and allow yourself to bloom in places you never knew you could. Please remember that blooming throughout your grief journey does not mean that you are "over" your grief or "forgetting" about your person. It means that your natural abilities as a human to cope with change are coming through.

What do you think summer or fall moments of grief may look like? How may these show up for you? How will you embrace this new facet of your grief and support yourself in it?

Thinking about these things in a new light may help us to see that we don't have to "get over" anything and that as our grief grows and changes with us, it will still revolve around our love for our person/people, just as the seasons revolve around the sun - ever constant, ever present.