



HOME FOR GRIEF

*what*  
**grief burnout**  
*can quietly look like...*

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***in the body...***

- | sleeping much more or much less than usual.
- | appetite shifts, eating much more or little.
- | bone-deep fatigue that rest won't fix.

***in the heart and mind...***

- | easily irritated, snappy, or on a short fuse.
- | amplified anxiety or a racing mind.
- | foggy thinking, forgetfulness, or trouble focusing.

***in daily life...***

- | withdrawing or isolating from people you love.
- | losing interest in hobbies that once brought joy.
- | numbness, or just going through the motions.

***grief is love with nowhere to go, exhaustion is its weight, not  
your failing.***

rest is allowed. take a breath. you are safe here.

**home  
for grief**