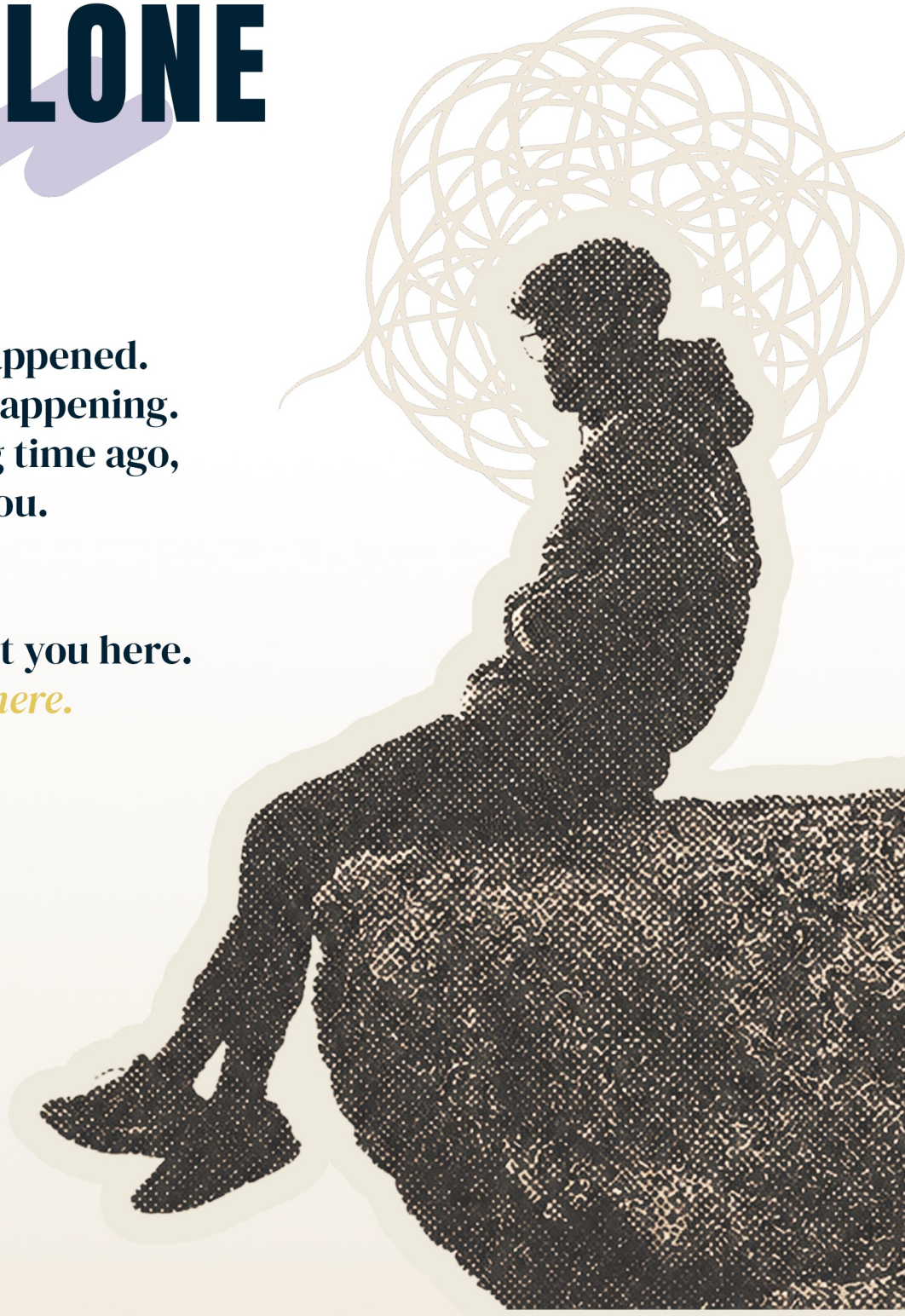


YOU ARE NOT ALONE

Something has happened.
Or something is happening.
Or happened long time ago,
and still lives in you.

Whatever brought you here.
You are *welcome here*.



grief can look like this



grief is rarely linear

You may move between these feelings in minutes, days, months or years. Some you may never experience at all.

grief can feel like contradictions

*I want to talk
about them*



*I can't talk
about them.*

*Please leave me
alone.*



*Please don't
leave me alone.*

*I want life to feel
normal again.*



*I don't want a normal
without them*

I laughed today.



*Why do I feel guilty
for laughing?*

*I want people to
ask about them.*



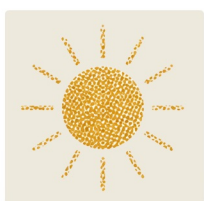
*I don't want anyone
asking how I am.*

both can be true

today, this is enough.



Drink some
water.



Sit outside,
even it's for
five minutes.



Eat something
simple.



Rest when you
can.



Answer only
the calls you
can manage.



Say their
name.



Cry. Or
don't.



Accept help,
if you want
it.

lower the bar

A glass of water counts. Getting through today counts.

what stays is love.

You will carry them differently as time
passes. Not less. Differently.

You are not alone in
this. Others have walked
this. Others are walking
it now.

