

R.I.G.S List of Quotes, Poems and Pics Related to Grief, Loss & Healing

A PRAYER FOR THE OVERWHELMED

- Jeff Foster

Oh, sweetheart.

Life is overwhelming for you at times, I know.

Don't listen to the ones who call you over-sensitive or too weak for this world.

Your sensitivity is exquisitely beautiful!

But you must learn to stay close to yourself.

You must learn to breathe.

To invite curious attention deep into your body.

Allow yourself to feel overwhelmed,

and you won't be overwhelmed, I promise.

It's just a feeling.

A precious part of you longing for love.

It will pass when it's ready.

Let it stay awhile.

Don't pretend to be strong, the one who has it all 'figured out'.

There will be time for answers soon enough.

Now, simply give 'the overwhelmed one' safe passage in your heart.

Drench the feeling of overwhelm with gentle attention; bathe it in overwhelming love.

It's okay to feel overwhelmed sometimes, it really is.

Even the strongest feel overwhelmed, for their strength lies in their vulnerability.

Your sensitive nervous system is perfect, and I love you for it.

And it's all okay, here.

It's really okay, here in the arms

of the present moment.

Various quotes about grief:

<https://whatsyourgrief.com/64-quotes-about-grief/>

Sabrina Benaim (contemporary Toronto poet) - follow up a prayer / a spell:

<https://genius.com/Sabrina-benaim-follow-up-a-prayer-a-spell-annotated>

"A change of heart"

- Jack Kornfield

"True forgiveness does not deny the suffering of the past but has a tremendous dignity and courage and power of love in it that says we will, and can, start again."

Ways to manage
your grief
and loneliness:

Know that feeling lonely
is a normal part of grief.
There's nothing wrong
with you.

@refugeingrief

10 ways to show up for yourself

1. Commit to habits, practices, routines and rituals that are good for your well-being - even when you don't want to.
2. Allow yourself to feel a multitude of feelings without labelling it as wrong, bad or negative.
3. Practice listening to your needs and discovering different ways of meeting those needs.
4. Practice self-forgiveness; for not being perfect, for forgetting, for your past, for what you don't know, and for getting "off-track" sometimes.
5. Let yourself start again, over and over, as often as needed.
6. Take care of your basic needs: stay hydrated, get enough sleep, move your body, and eat plentifully.
7. Give yourself permission to rest, to take breaks, and to have down time.
8. Spend quality time with yourself: reading, writing, creating and getting to know who you are underneath who you think you should be.
9. Use a lens of curiosity and compassion with yourself as often as possible.
10. Remind yourself that you are as worthy of being shown up for as anyone else in life. Make yourself a priority in your own life.

Did you know?

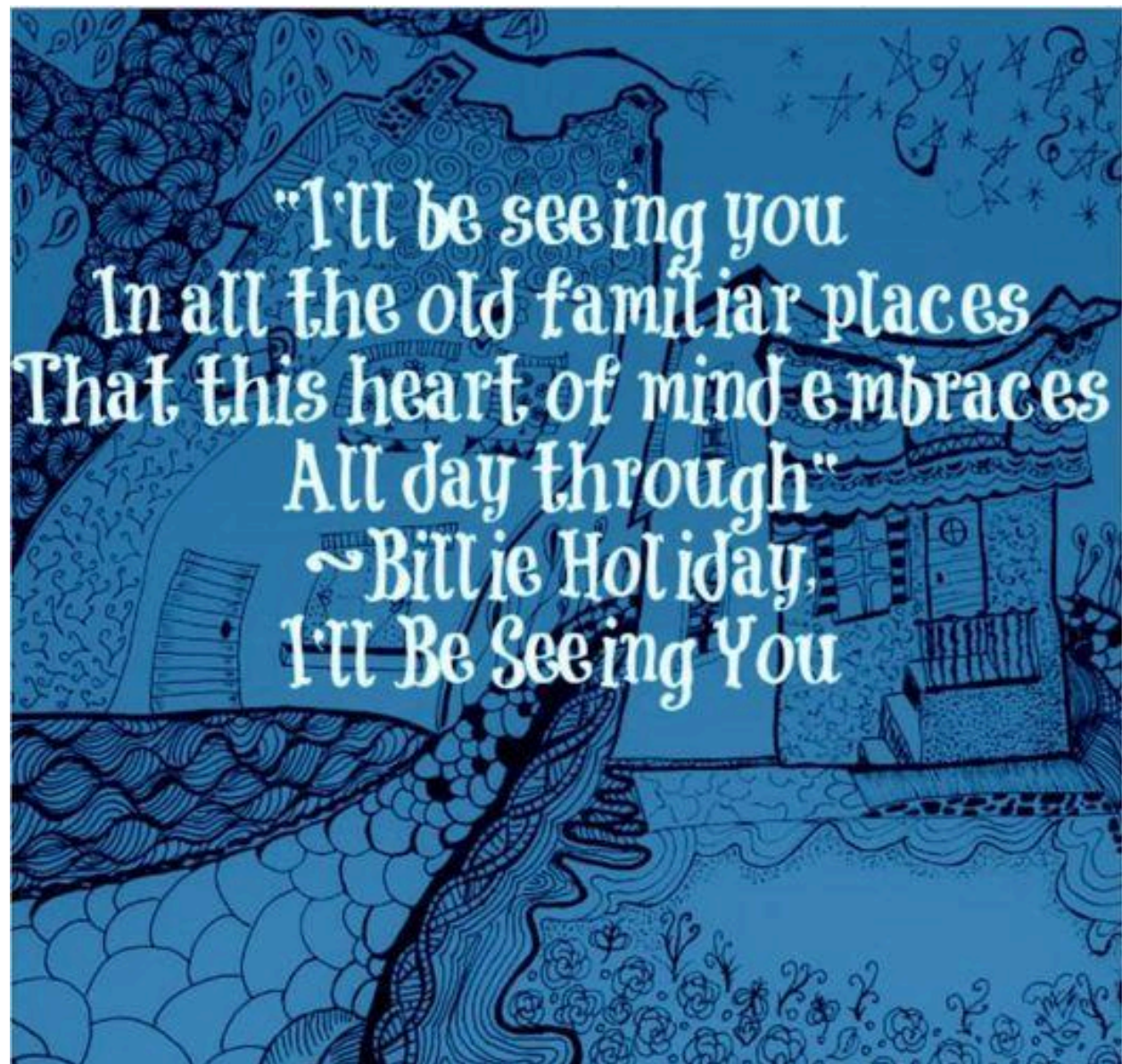
**WISHING IT WERE EASIER
TO ASK FOR HELP**

IS #PERFECTLYNORMAL IN GRIEF



Look, boo. Healing is f*cking messy. It's alienation.
It's detachment. It's bat shit crazy. It's jet black
darkness. It makes you ache for the void and mundane.
You want to quit everything, but you can't. You won't.
Not now. No baby, not ever. Because even though it
aches the mother of all aches, you've changed.
Underneath all that bullshit, there you are. Brand
new. Born again. An angel who's woken up to their
cosmic mission. And you ain't ever going back. And,
there's more like you out there. We're waking up right
next to you in the dark, wild one. So don't worry about
fixing any part of you and let your wicked shambles
raise the goddam roof on this whole thing.

-Thug Unicorn by Tanya Markul



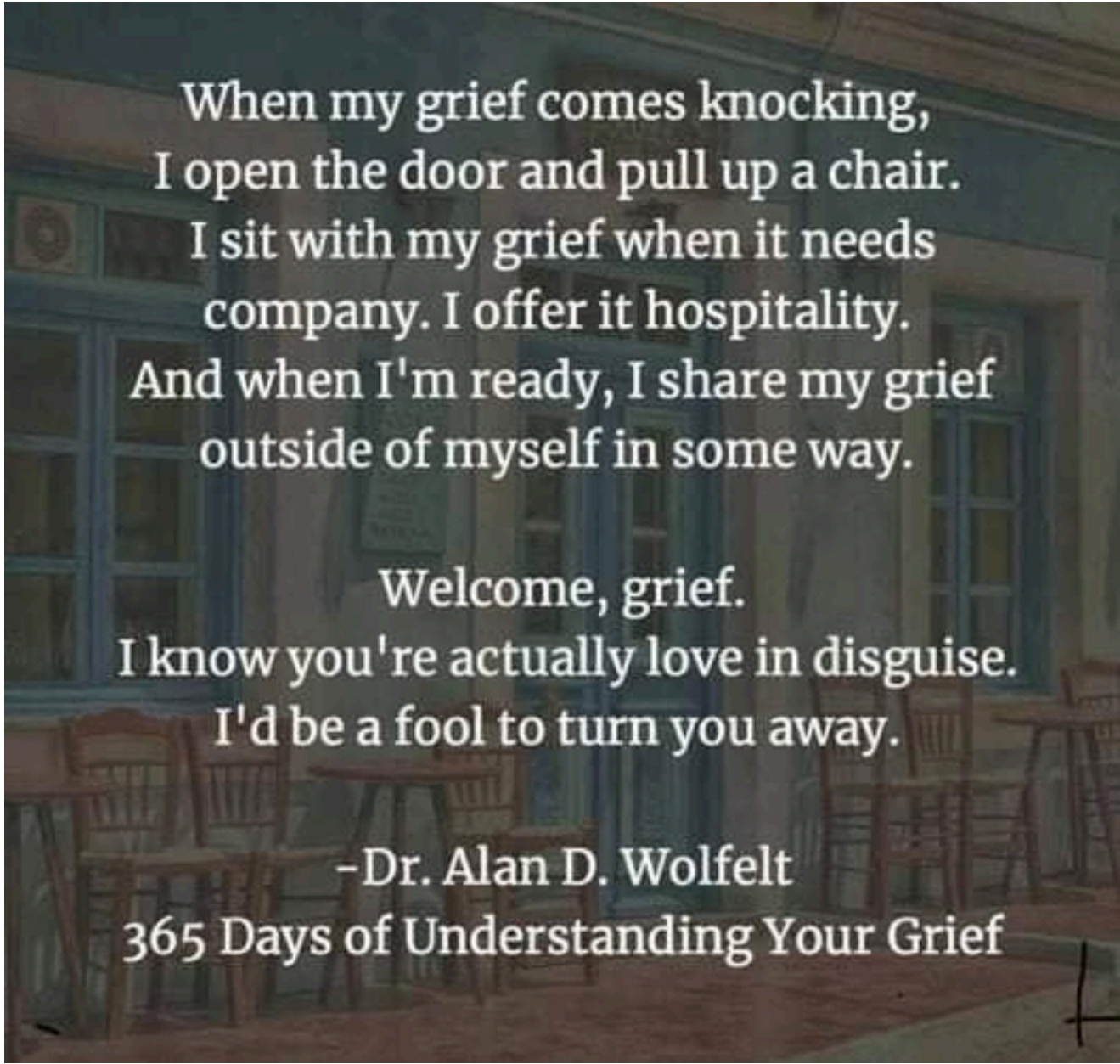
"I'll be seeing you
In all the old familiar places
That this heart of mine embraces
All day through"
~ Billie Holiday,
I'll Be Seeing You



Honor your feelings because
we can learn from them - Let
them flow and don't resist them
- Explore what you can learn
from them to further your
personal growth - Honor,
appreciate, value and respect
that we have a full range of
emotions

Heather LeClair

A Moment For Inspiration

The background is a painting of an interior space, possibly a cafe or a study. It features several wooden chairs and tables arranged in the foreground. In the background, there is a large window with a sign that reads "WELCOME" and "GRIEF". The overall tone is somber and contemplative.

When my grief comes knocking,
I open the door and pull up a chair.
I sit with my grief when it needs
company. I offer it hospitality.
And when I'm ready, I share my grief
outside of myself in some way.

Welcome, grief.
I know you're actually love in disguise.
I'd be a fool to turn you away.

-Dr. Alan D. Wolfelt
365 Days of Understanding Your Grief

Grief hurts.

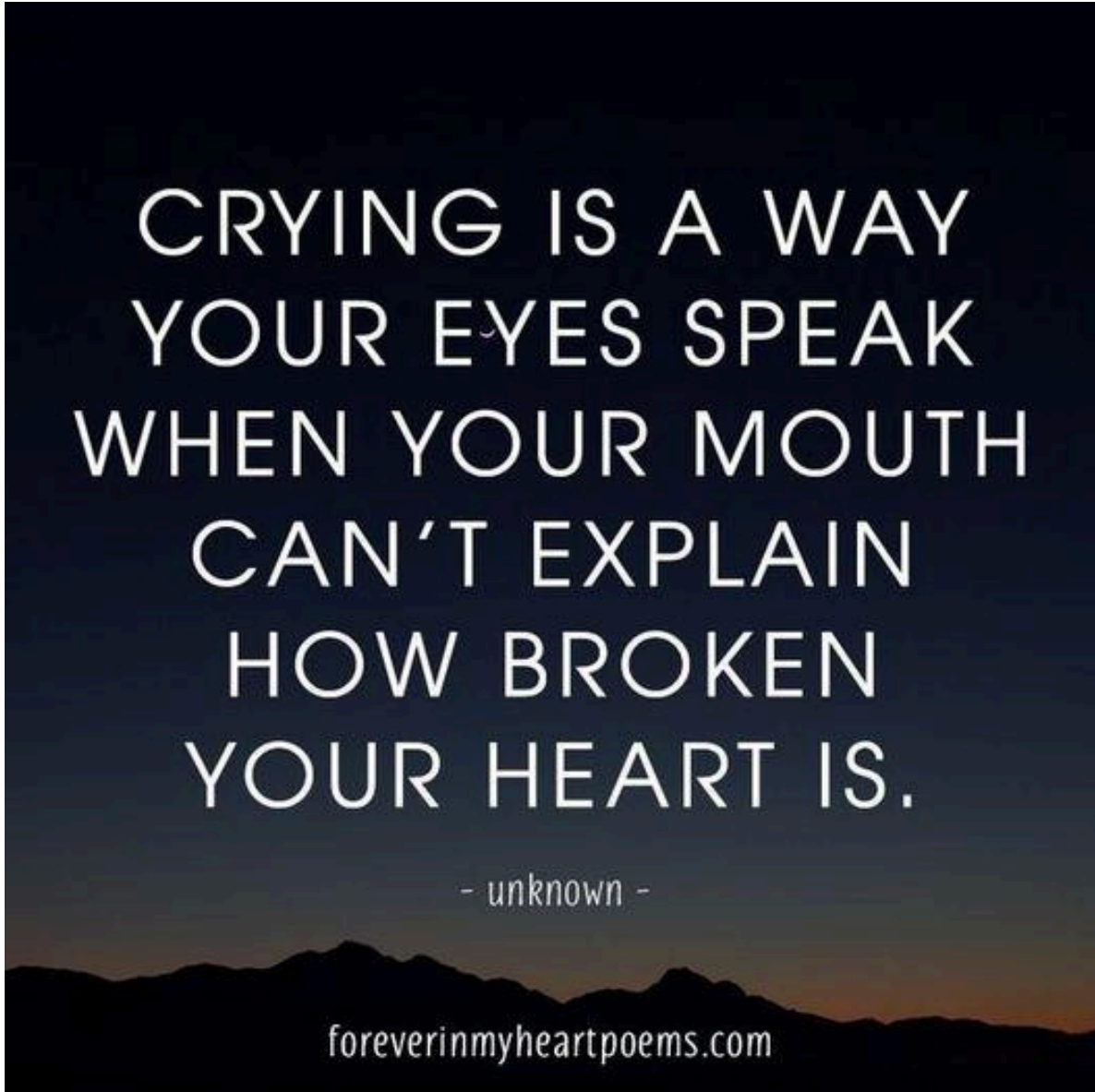
**No one can
replace a loved
one who is gone.
It is an emptiness
that doesn't
go away.**



THEHORSEMAFIA.ORG

The Horse Mafia®

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CRYING IS A WAY
YOUR EYES SPEAK
WHEN YOUR MOUTH
CAN'T EXPLAIN
HOW BROKEN
YOUR HEART IS.

- unknown -

foreverinmyheartpoems.com

“

PEOPLE

START TO

HEAL

THE MOMENT THEY FEEL

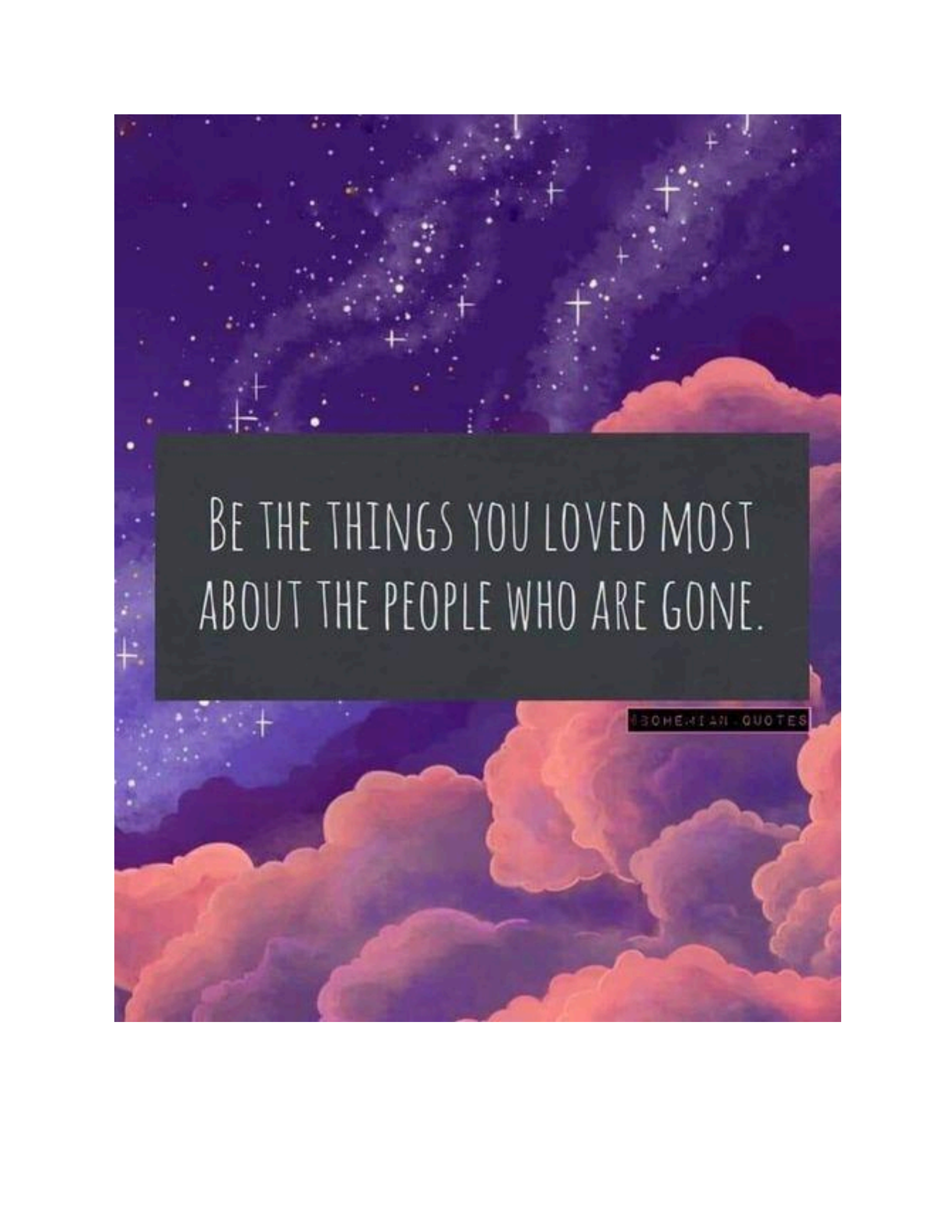
HEARD.”

Guide to surviving grief

Cry whenever you need to.
Scream. Shout. Lay on the floor. Sob in
the shower. Be still. Run. Walk. Create.
Live your truth. Share without fear.
Listen. Release your pain. Breathe.
Be courageous. Throw away the map.
Wander. Be real. Be compassionate.
Read. Seek friendship. Be vulnerable.
Don't fear being broken.

-Zoe Clark-Coates





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

BOHEMIAN QUOTES

IF "GRIEF IS Love WITH NO
PLACE TO GO,"

(JAMIE ANDERSON)

WHAT IF YOUR RELATIONSHIP WAS
MORE COMPLICATED? I THINK
GRIEF MUST ALSO BE

ReSeNTMent

LoNGIng

ADMiRATion

DeSPeRATion

DiSAPPOINTMent

FORGiveNeSS

CoNFuSion

ANGeR

GuILT

ReGRet WITH NO PLACe To Go.



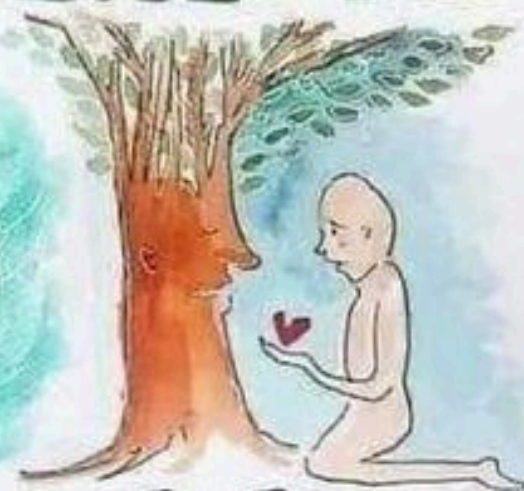
THE EARTH HEALS ME



THE STARS SPEAK
AND REMIND ME
I'M NOT ALONE



THE WIND
GENTLY
HOLDS ME



THE TREES
LISTEN TO
MY PAIN



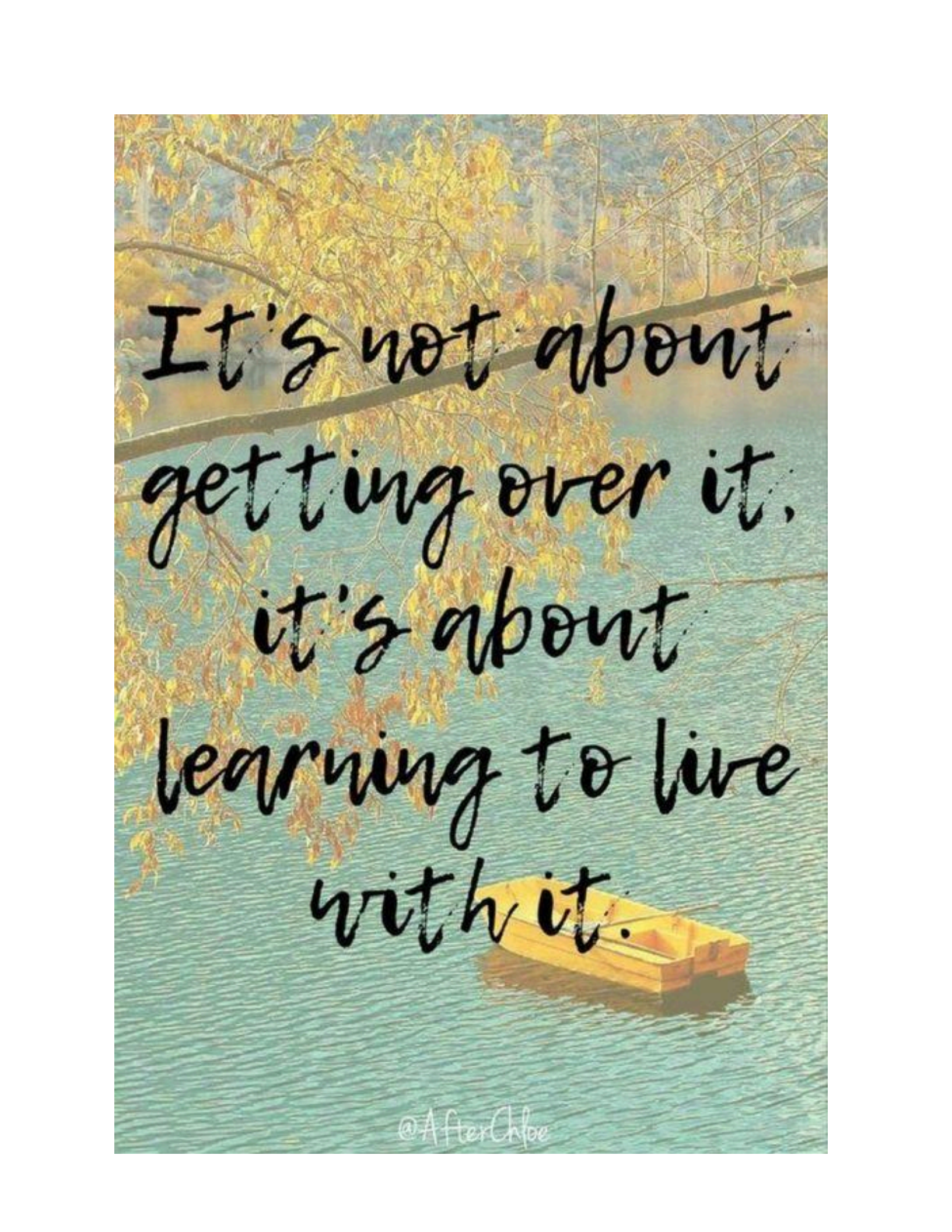
THE BIRDS
SING MY
WORRIES AWAY



THE SUNSHINE
REMOVES MY
DARKNESS



NATURE ACCEPTS
ME AS I AM

The background is a painting of a body of water with a yellow boat. The water is a mix of teal and blue-green, with visible brushstrokes. A small yellow boat with a red interior is in the lower right. The upper half of the image is filled with trees having bright yellow leaves, with some bare branches visible. The text is written in a black, cursive script across the middle.

It's not about
getting over it,
it's about
learning to live
with it.

@AfterChloe

ripples.

when you create a difference in someone's
life, you not only impact their life, you
impact everyone influenced by them
throughout their entire lifetime.

no act is ever too small.

one by one,
this is how to make an ocean rise.

Grief is like the ocean;
it comes in waves,
ebbing and flowing.
Sometimes the water is
calm, and sometimes it
is overwhelming. All we
can do is learn to swim.

Vicki Harrison



it's okay to admit that
your wounds are still open.
that you are still healing.

it takes time. it takes time.

// Alison Malce





Grief never ends...
but it changes.

It is a *passage* not a
place to stay.

Grief is not a sign of
weakness,
nor a lack of *faith*.

It is the price of *love*.





An Eternal Memory...

...Until We Meet Again

Those special memories of you
will always bring a smile
if only I could have you back
for just a little while

Then we could sit and talk again
just like we used to do
you always meant so very much
and always will do too

The fact that you're no longer here
will always cause me pain
but you're forever in my heart
until we meet again

It's okay to
grieve.



And it's okay to
embrace healing,
too. ~John Pete



fb.com/dailygriefquotes

“There's no way around grief
and loss: you can dodge all
you want, but sooner or later
you just have to
go into it,
through it, and,
hopefully, come
out the other
side. The world
you find there
will never be the
same as the
world you left.”
Johnny Cash





**EVERY RELATIONSHIP
IS UNIQUE.
EVERY GRIEF IS VALID.**

**NO ONE GETS TO DEFINE
THE IMPORTANCE OF THAT LOVE.**

-Megan Devine



YOU HAVE THE RIGHT

TO COMPANIONSHIP ^{to anger}
TO MAKE OTHERS UNCOMFORTABLE
TO TELL THE TRUTH

TO TELL
PEOPLE WHAT
IS AND ISN'T
HELPFUL

TO REFUSE
ALL
UNSOLICITED
ADVICE

TO MAKE DECISIONS BASED ON
YOUR OWN NEEDS

TO SAY
YES

TO SAY
NO

TO ASK FOR
HELP

TO NOT SHARE
PERSONAL
INFORMATION

TO CLAIM
YOUR OWN
MEANING

TO
PEACE
of BEING

TO
SADNESS

TO
HONOR
WHO
OR
WHAT
YOU'VE
LOST

TO MAKE DECISIONS IN YOUR OWN TIME
TO NOT BE
TO FEEL

'STRONG' CONFLICTED
OR
'INSPIRATIONAL' TO CHANGE

TO TAKE BREAKS
FROM FEELINGS
AND FROM PEOPLE
@REFUGEEINGRIEF

IT IS OKAY IF LOSS AND GRIEF HAVE CHANGED YOU
THERE IS STILL JOY AND LOVE INSIDE YOU



IG: @FRIZZKIDART