

Waves That Come Out of Nowhere

Make a little room for the grief that arrives without warning.

WHEN TO USE THIS

Use this after a wave hits, or later the same day when it has passed.

Where were you when the last one hit? What brought it on, if anything did?

A song, a smell, an empty chair, or nothing you can name.

What does a wave feel like for you?

- ☐ Tight chest, hard to breathe
- ☐ Tears with no warning
- ☐ Suddenly worn out
- ☐ Numb, far away from everything
- ☐ Sick to your stomach
- ☐ Needing to leave the room
- ☐ Anger out of nowhere
- ☐ Nothing at all, which feels strange

Waves are not a sign of going backwards. They come for years, and they usually pass on their own.

What helps you get through one?

Sitting down. Fresh air. Saying their name. Letting it happen.

1.

2.

3.

4.

You do not have to stop a wave. You only have to get to the other side of it.