

A photograph showing the lower legs and feet of a person wearing white shorts, standing on a bed. The bed is covered with a messy pile of items, including several books, a black telephone, and numerous photographs. In the background, a dark wooden desk holds more books, a small framed picture, and a decorative wreath. The scene is dimly lit, creating a somber and cluttered atmosphere.

A Letter For Your Grief
When It's Time to Move On

The world feels heavy. You feel as if it's crashing down on you, making you regret things undone or words unsaid. You did not expect the sudden loss of someone you loved, or something you cherished. It just happened.

And what else is there to do, but let it fall.

Let it fall through your sorrow. Grieve – cry your eyes out, listen to your favorite playlist, write what you feel, pray when you need to, talk to them in your dreams.

Mourn for your losses and be grateful for what's been.

When you're ready, it's time to look ahead.
Just slow and steady, take it one step at a time.

