## Grief Reflections

Grief can be such an all-consuming experience that can feel easy to get lost in. Take a moment to step back, breathe deeply, and encourage yourself to gently take a look through your grief journey thus far. No matter where you are, there are notes to be taken on what you've been through, what you have learned about yourself and others, or even how your views on life have changed. I hope you take these examples and allow them to lead you into becoming more introspective into your grief. Yes, there is sadness to be found there, but there is also great courage.

