

When

# FEELING GOOD DOESN'T FEEL SO GOOD

*Struggles of feeling "good" during grief*



## Is it okay?

*There are so many spoken and unspoken expectations put on those experiencing grief. What happens when we actually feel good?*

Have you ever felt the pressure from other people to "feel better" throughout your grief journey? That can feel like such a burden. So, it might not feel like it makes sense when we have a "good" moment or day, and it *still* feels like a burden! Why is it that feeling "good" in grief, doesn't feel so good?

Let's start with a moment of self-reflection. What are your expectations of grief? What are your expectations for yourself while you are grieving? It is common to hear these or other similar worries:

- How can I feel good if my person died?
- If I feel good, does that mean I'm not grieving anymore?
- Isn't it disrespectful to my person if I can find happiness/comfort/joy?
- Does feeling good mean that I am forgetting them and my grief?

Please know that these and other questions are common, but I am comforted to say that "feeling good" - whatever that means for you, does not erase your grief or your love for your person - EVER!

## Re-thinking "good"

Before we were grieving our person, "good" may have looked and felt different. It may not have been accompanied with guilt and other tough feelings. What has stayed the same is that our bodies and brains crave those feel good hormones that are released when we have a moment or experience that feels good. Whether we are having a good cry, a deep belly laugh, or even just a genuine smile, our system responds. The release of these hormones can increase our immune system, better our mental health, and help us feel hopeful through difficult times.

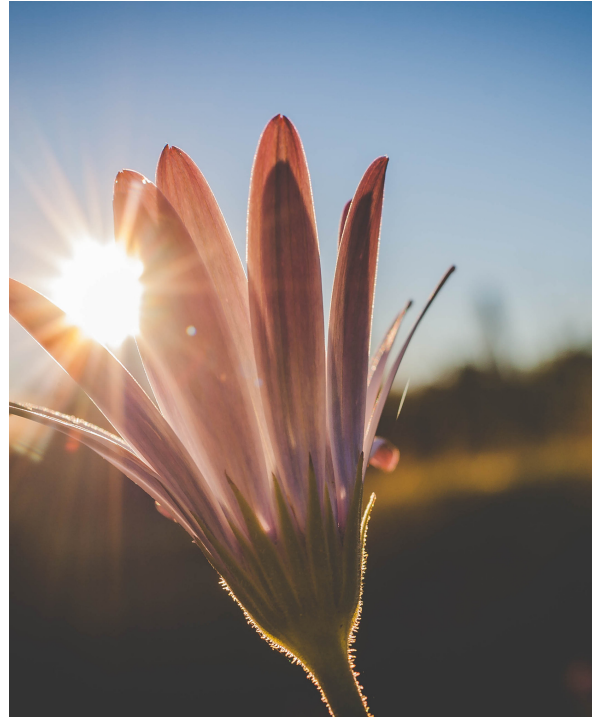
### **What if we would shift the thought of feeling good into a part of our overall wellbeing?**

Perhaps it's alright to smile, while still missing our person, or feel gratitude for an experience while wishing we could share it with them. Good doesn't have to stand in front of other aspects of our grief - they can sit side-by-side. Does this change how we experience "good"? Maybe. I think the real question is, does seeing it this way help me feel more willing to accept good feelings or experiences?

We may try saying to ourselves, "I'm accepting this good feeling so I can experience love, comfort, joy, and/or life - in the midst of grief." (*Use your own words so it feels authentic to you*) Grief is so often thought of as the difficult emotions, but it can be nice to gently remind ourselves that grief can also be the good - and everything in between, Grief is a complex range of emotions and experiences, and we deserve the opportunity to feel it all in our journey.

#### **It's ok...**

- to struggle with feeling good.
- to allow yourself to feel good.
- to learn how to do this in a way that feels authentic for you and your grief.
- to look at this differently than others.
- to put down old, unhealthy expectations for new, healthier goals.
- to grieve in your own way.
- to feel good in your own way.



"It's impossible." said pride.  
"It's risky." said experience.  
"It's pointless." said reason.  
"Give it a try." whispered the heart.

