

Grieving While Still Mothering

Remember: grief isn't only about death. You can grieve a marriage, a child, a pregnancy, a job, a home, your health, or the life you thought you'd have. And moms often grieve while still packing lunches and holding everyone else together.

What grief can actually look like

Check any that sound familiar.

- ☐ Holding it together for the kids, then falling apart alone
- ☐ Exhaustion that sleep doesn't fix
- ☐ Forgetting things, losing focus, brain fog
- ☐ Snapping at the people you love most
- ☐ Waves of tears out of nowhere, at the store or in the car
- ☐ Feeling numb or "fine" when you think you should be sad
- ☐ Guilt: "I should be over this by now"
- ☐ Aches, headaches, or a heavy chest
- ☐ Avoiding places, songs, or dates that remind you
- ☐ Questioning God, or feeling far from Him
- ☐ Feeling alone, like no one gets it
- ☐ Relief mixed with sadness, then guilt about the relief

Why it's normal

Grief doesn't move in neat stages. It comes in waves, and anniversaries, holidays, or a simple smell can bring it back. Losses that aren't a death, like divorce or a job, are real grief too, even when no one sends flowers.

Why talking it out matters

Grief that stays unspoken tends to come out sideways: as irritability, exhaustion, or physical pain. Putting it into words helps your brain process the loss, and it shows your children that hard feelings are safe in your home.

Grace for you: you don't have to choose between grieving and being a good mom. Your children don't need you to be unbreakable. They need to see that sadness can be carried with love, honesty, and hope.

For me to notice

The loss I've been carrying quietly is...

One safe person (friend, pastor, counselor) I could talk to this week:

When to reach out: if months later the grief still feels as heavy as day one, you can't get through daily tasks, you feel hopeless, you're leaning on alcohol or pills to cope, or you have thoughts of not wanting to be here, please talk with a counselor. In crisis, call or text 988.

"The LORD is nigh unto them that are of a broken heart."

PSALM 34:18