

# After the Funeral

## A Gentle Companion for the Days That Follow

from Calm Crossing

The funeral is over.

The calls slow down.

The house grows quiet.

And this is often when grief feels loudest.

If you are here, it means you loved deeply—and your world has changed. There is no right way to feel now.

You may feel:

- numb or exhausted
- overwhelmed or strangely calm
- lost, angry, relieved, or all of it at once

All of this belongs.

### A Few Things to Know

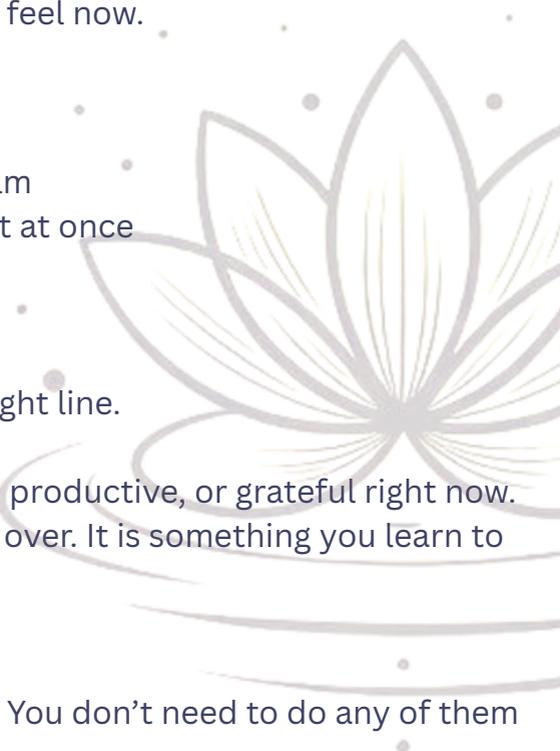
- Grief does not move in a straight line.
- You are not “doing it wrong.”
- You do not need to be strong, productive, or grateful right now.
- This is not something you get over. It is something you learn to carry.

### What Might Help Today

You don't need to do all of these. You don't need to do any of them perfectly.

- Drink water. Eat what you can. Rest when your body asks.
- Write things down—names, memories, questions. Grief fog is real.
- Let someone sit with you without fixing anything.
- Step outside, even briefly. Let your body feel the ground again.
- Say no when you need to. Say yes only when it feels supportive.

Small things count.



## **When It Feels Heavy**

Grief can arrive in waves—unexpected and strong.

When it does:

- Pause. Breathe slowly.
- Place a hand on your body and remind yourself: I am here. I am safe.
- Let the wave pass without judging it.

You are not weak for struggling. You are human.

## **You Are Not Alone**

Loss can feel isolating, even in a room full of people.

But there is a quiet community of others who understand this terrain—

the kind of knowing you only get by being here.

If and when you're ready, support exists:

- through trusted friends
- through grief-informed spaces
- through gentle guidance designed for this crossing

## **One Last Thing**

Nothing needs to be decided today.

Nothing needs to be fixed.

For now, it is enough to breathe, to rest, and to take this moment as it comes.

Be gentle with yourself.

You are crossing something sacred.

## **Calm Crossing**

*A place for steadiness, support, and grace through grief.*

