



# Grace Notes

From Grief to Giggles

## GREIF BRAIN

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Grief can make your mind feel scattered in ways that are hard to explain. You may forget why you walked into a room, lose track of simple tasks, miss appointments, repeat yourself, stare at a form without understanding it, or put your keys somewhere so strange that even future you will have questions.

It can feel frustrating, especially if you are used to being capable. You may wonder why basic things suddenly take so much effort, or why your thoughts feel slow and unfinished. The answer may be simpler than it feels in the moment: your mind is carrying too much. Grief takes up space. Shock takes up space. Decisions, paperwork, memories, and the constant awareness of absence all take up space.

This does not mean you are falling apart in some permanent way. Your brain is trying to function while also processing something enormous. That takes energy, and sometimes the smaller things get dropped because your mind is busy trying to survive the larger thing.

Give yourself more room than usual. Write things down. Put important papers in one place. Let reminders do their job. Ask someone to sit with you while you handle tasks that used to feel easy. This is not weakness. Adjusting to a season where your mind is already working hard takes time, even when it looks like you are doing nothing.

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### **HOLD ONTO THIS:**

- Grief brain is real, and it can be exhausting.
- Forgetfulness does not mean you are failing.
- Write things down before you think you need to.
- One basket, folder, or notebook can help reduce the mental noise.
- Your mind may need more patience than usual right now.

With Grace for the Mess

~Stef