



Grace Notes

From Grief to Giggles

LAUGHING AFTER LOSS

Laughter after loss can feel strange the first time it shows up. You may be in the middle of a hard season, carrying a grief that still feels too heavy for regular life, and then something funny slips through. A memory. A comment. A ridiculous moment. Something ordinary enough to make you laugh before you have time to decide whether you should.

That can bring relief, but it can also bring guilt. It may feel disloyal to laugh when someone you love is gone, as if joy is proof that grief has loosened too much or love has faded. It is not. Laughter does not cancel sorrow, it simply reminds you that you are still human, and being human includes more than pain.

Sometimes laughter is the first little sign that grief has not taken every room in the house. It may come softly at first, or awkwardly, or at the worst possible moment, because grief has terrible timing and no manners. Still, those moments matter. They are not a betrayal of the person you lost. They are part of learning how to live with love, memory, sorrow, and ordinary life all sharing the same space.

You are allowed to laugh when laughter comes. You are allowed to cry afterward if that comes too. Both can belong to the same heart.

HOLD ONTO THIS:

- Laughter does not mean you loved them less.
- Joy can return before guilt knows what to do with it.
- A funny memory can be both tender and painful.
- You do not have to explain every moment of lightness.
- Grief and laughter can live in the same life.

With Grace for the Mess

~Stef