

Grief After a Funeral

A Compassionate Roadmap

Grief has no timeline.

The days following a funeral can feel different from what you expected.

People return to their lives.
You are left with the quiet.

Grief, in this space, often has no structure.

You may feel exhausted.
You may feel numb.
You may feel a sadness that comes in waves.

You may also feel relief.
Or moments of ordinary life breaking through.

All of this can sit side by side.



This guide does not offer a path to follow.
It offers a way to recognise what may be happening,
and to move through this time at your own pace.

What Grief Can Feel Like

Recognising Your Own Experience

Grief is not one feeling.

It can shift, change, return.

You might notice:

- sadness that comes and goes
- anger or frustration
- numbness, as if you are going through the motions
- difficulty concentrating
- physical tiredness
- anxiety, or a sense of unease
- relief, sometimes alongside guilt

You may feel one of these strongly.

You may feel several.

You may feel none of them clearly.



Prompts:

What have I felt in the days since the funeral?

There is no need to name everything. Just notice what is present.

The Unstructured Nature of Grief

When the Structure Falls Away

Before the funeral, there was shape.

Decisions to make.
People to speak with.
Things that needed doing.

After the funeral, that structure falls away.
Life around you resumes.
Others may assume you are managing.

Inside, you may feel different:
Untethered.
Unclear.
More exposed.

This can be one of the harder parts of grief.

Nothing has gone wrong.
This is what can happen when the quiet arrives.



Prompts:

*What has felt most different since the funeral?
Is there anything that feels harder than you expected?*

Small Ways to Move Through

Gentle Steps

When grief is heavy, even small things can feel difficult.

This is not failure.
It is how grief affects the body and mind.

You do not need to take large steps.

You may find it helps to:

- hold onto one small routine
- allow feelings to surface
- do what is manageable
- rest when you need to

Take what feels possible.

Leave what does not.



Prompts:

What is one small thing that feels possible today?

Finding Support

You Do Not Have to Do This Alone

Grief can feel isolating.

Reaching out can be difficult, especially when you are not sure what you need.

Support does not always mean talking.

It might be:

- someone sitting with you
- doing something ordinary alongside another person
- being with others who understand
- speaking with a professional
- connecting with a spiritual or community space

You can take this slowly.



Prompts:

*What kind of support, if any, feels like it might help right now?
Who or what comes to mind?*

Grief Changes Over Time

It Will Not Always Feel the Same

In early grief, the weight can feel constant.

It can be hard to imagine anything shifting.

But grief does change.

There may be lighter days.

Then heavier ones again.

This is not going backwards

Over time, the spaces between the heavier moments may grow.

The connection remains.

The sharpness may soften.

Both can exist together.



Prompts:

Have I noticed any small shifts in how I feel, even temporarily?

Grief and Love Together

Grief does not disappear.

It becomes part of how you carry this relationship.

Alongside the sadness, there may be:

love

memory

moments of warmth

You do not have to let go.

You do not have to move on.

You are learning to carry both.

grief has no timeline

it changes
returns
softens

you are not doing it wrong

you are carrying it

your way



When You Might Want More Help

Noticing When Extra Support is Needed

Grief is a natural response to loss.

Most of the time, it does not need to be fixed.

Sometimes, it can become harder to carry.

You might consider additional support if:

- most days feel difficult to get through over longer periods of time
- you feel completely alone, even around others
- you are relying on alcohol or other substances to cope
- you have thoughts of harming yourself

Reaching out is a way of caring for yourself.

In Australia, support is available:

Lifeline — 13 11 14 (24-hour crisis support)

Beyond Blue — 1300 22 4636 (mental health support)

A GP can connect you with further support

**If you, or someone you know, is at immediate risk,
please call Triple Zero (24hrs) 000.**