

Most of the time, our worlds can feel pretty normal + safe. So when the unimaginable happens...



*flow*

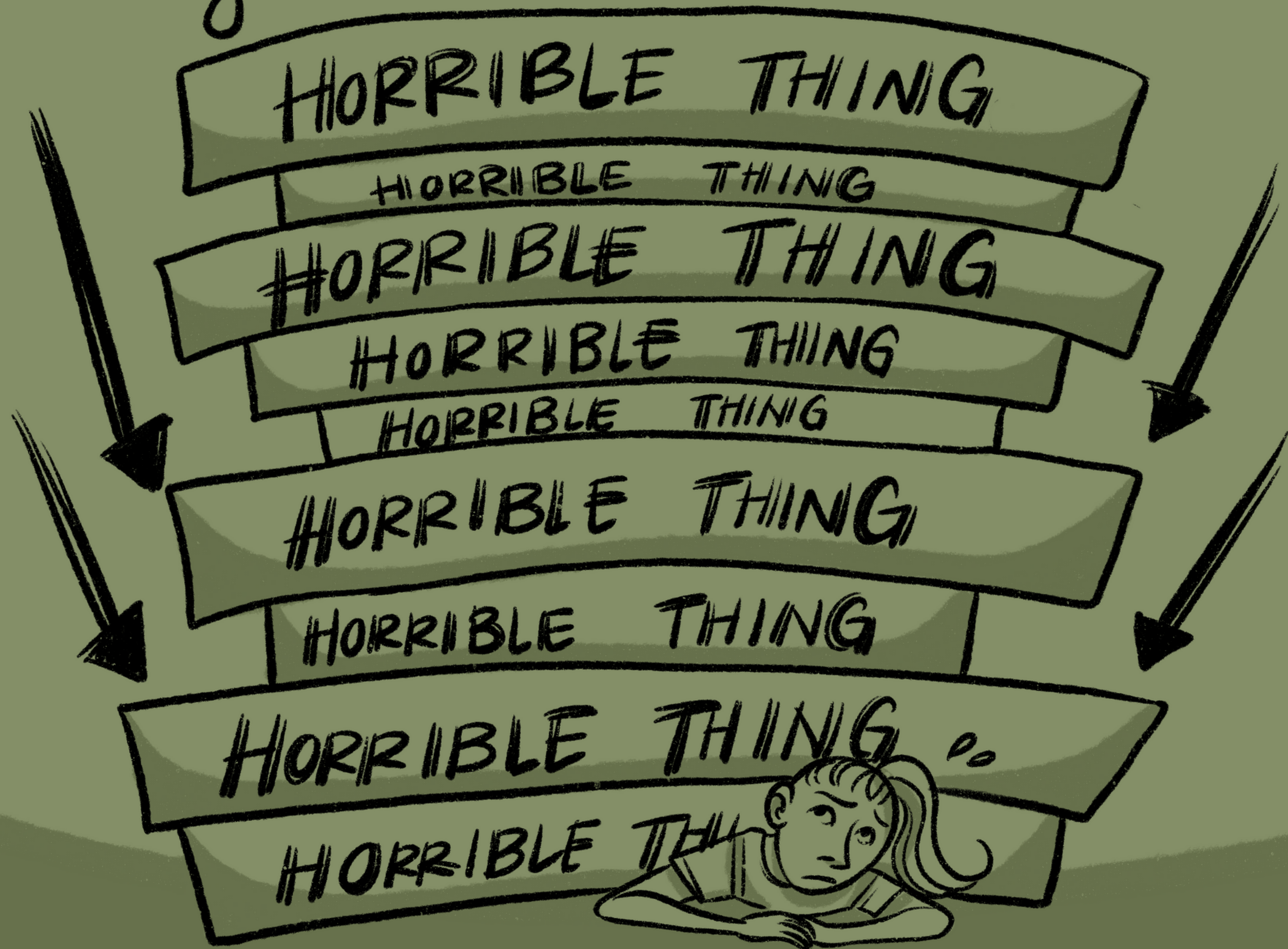
It feels like the earth is crumbling around you.

Our collective instinct  
is often to let  
ourselves feel sad  
for a second, then  
put our heads down  
and go through  
daily life as if  
everything as normal.  
As if it didn't just  
feel like our world  
imploded.

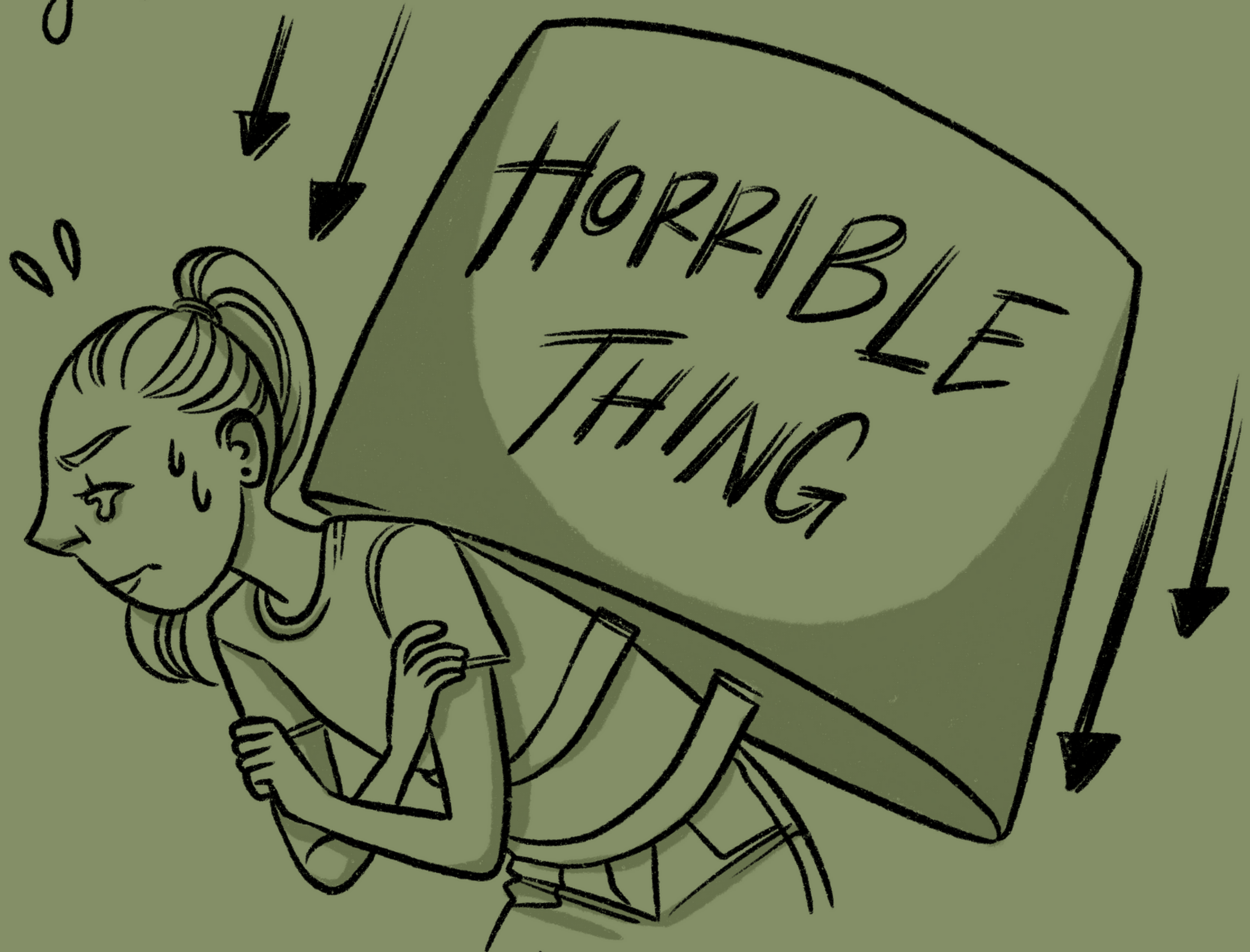




You can maintain this for  
awhile, but it seems things  
just keep piling on.



Letting yourself feel the full weight of it can feel so hard.



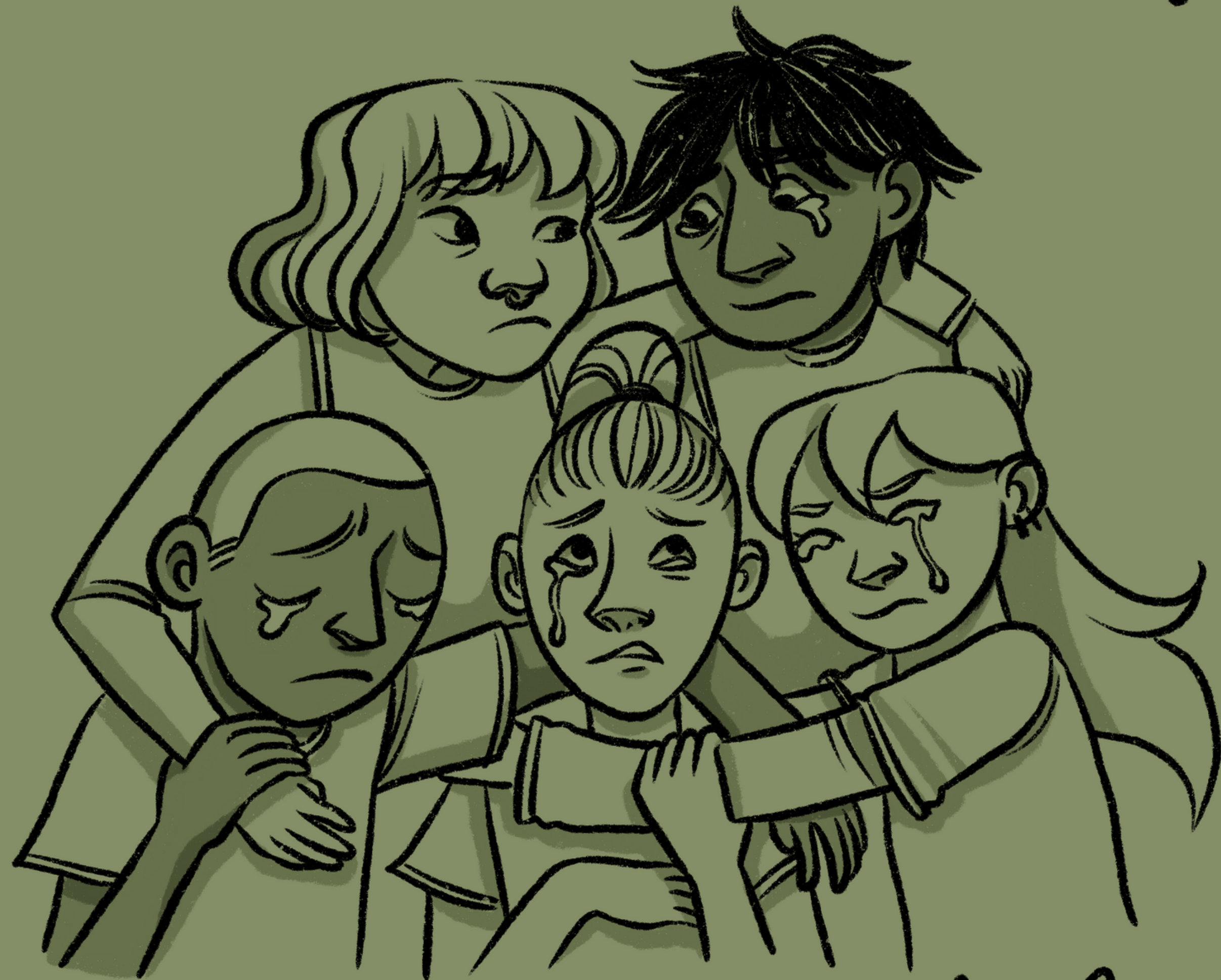
Overwhelming. Like you're being crushed.

Unfortunately (or fortunately),  
as humans there is no way  
for us to avoid that feeling  
when unimaginable tragedy strikes.



We cannot avoid, go around, or  
go over it.

We must simply go through.  
Let ourselves feel it fully.



Mourn, cry, do it all. And do  
it together.