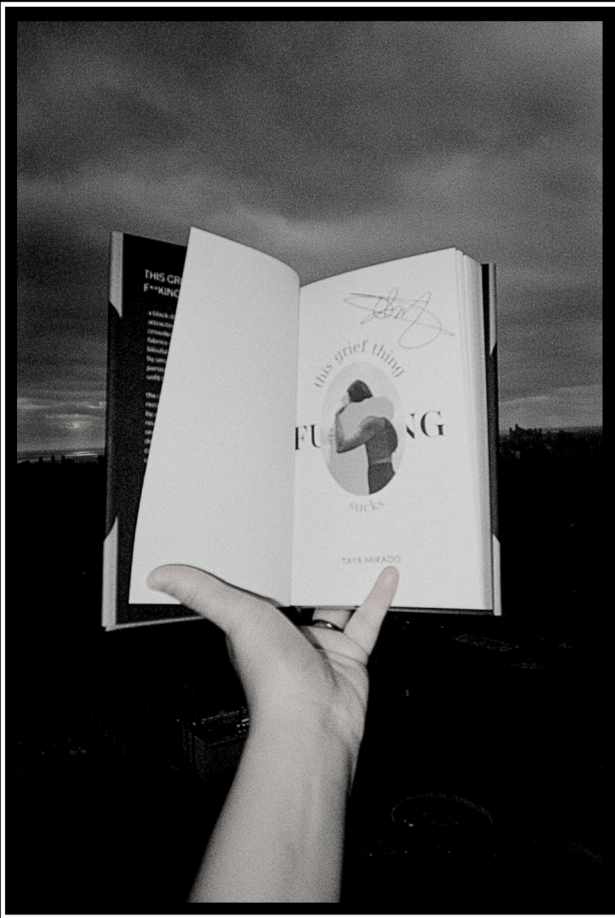


This Grief Thing F**king Sucks *Zine*



Themes, Thoughts & Poetry ————— By Taya Mikado

a black dress
attracting closets
crowded with emotions
fabrics suffocating
blissful memories
by unspoken love
persistent trauma
unfit to shout —

the curse of life
recognizes high
by welcoming low
revealing loves' quota
once magic disappears
debris enlivening
confusing illusions
unable to articulate —

the beauty buried
in treasured thoughts
yearns to emerge
delightful meaning &
enriched presence
when expectations
design directions
unsuitable to insist —

this grief thing
F**KING
sucks

G R
I E
F

Taya Mikado

Grief is healing.

Healing from losses of all forms,
manifesting in all forms. The natural
response to loss, different for each of us, &
different for each loss.

Not always a friend, not always welcome,
but with the best intentions, grief tries to
piece together what has shattered.

And sometimes it sucks, pain exists &
healing feels unattainable. Exposing hard
truths, expecting resilience; grief is healing
that embodies hurting.

But through the hurt, grief sees strength; &
then it shares the moments we love.

Cheers to your grief.

Grief *Resources*



A gift for grievers: Book of Stories

Resources & book: Whats Your Grief



Music for moments of grief.

Ontario Mental Health Support List



@crossdadoffthelist

@carryonwithcarson

@briannapastor

@goodgrief_uk

@aolanow

@grief_isnojoke

@griefbites

@empowered_throug

@grief.unravelled

h_grief

@spokengrief

@hardfeelingsto

Creative Ways to Help Grievers

Meal Train

Organize a way for loved ones to deliver meals.

Yard Work

Help with weeding, mowing, or shovelling.

Run Errands

Grab their grocery list or drop off toilet paper.

Book of Stories

Organize a way for loved ones to share stories.

Clean

Stop by to deep clean the kitchen, or wash windows.

Photos & Videos

Organize a way for loved ones to share photos

Research

Help them find reputable funeral homes & lawyers.

Deathiversary

Remember the big dates & check-in on them.

This Grief Thing F**king Sucks *by Taya Mikado*

Since losing Dad at thirteen, and Mom at eighteen, I found that many of my experiences were not reflected in the stories and conversations surrounding me. In an effort to share more about life with grief as a young adult, and to befriend my own grief, I wrote this book.

To learn more & buy a copy, scan the QR code below.

Thank You <3



"I hope that
you become
everything
you want
and more"

Created in 2023