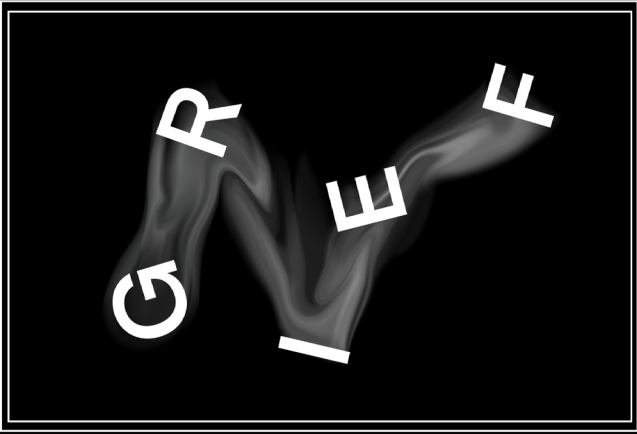


this grief thing
F**KING
sucks

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

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 enlightening
confusing illusions
unable to articulate —



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 griever: Book of Stories

 Resources & book: Whats Your Grief

 Music for moments of grief.

 Ontario Mental Health Support List

@crossdadofthelist
@briannapastor
@aolanow
@griefbites
@grief.unravelled
@spokengrief

@carryonwithcarson
@goodgrief_uk
@grief_isnojoke
@empowered_through
h_grief
@hardfeelingssto

This Grief Thing F**king Sucks *Zine*



Themes, Thoughts & Poetry — By Taya Mikado

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.

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.

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



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

Created in 2023

Thank You <3