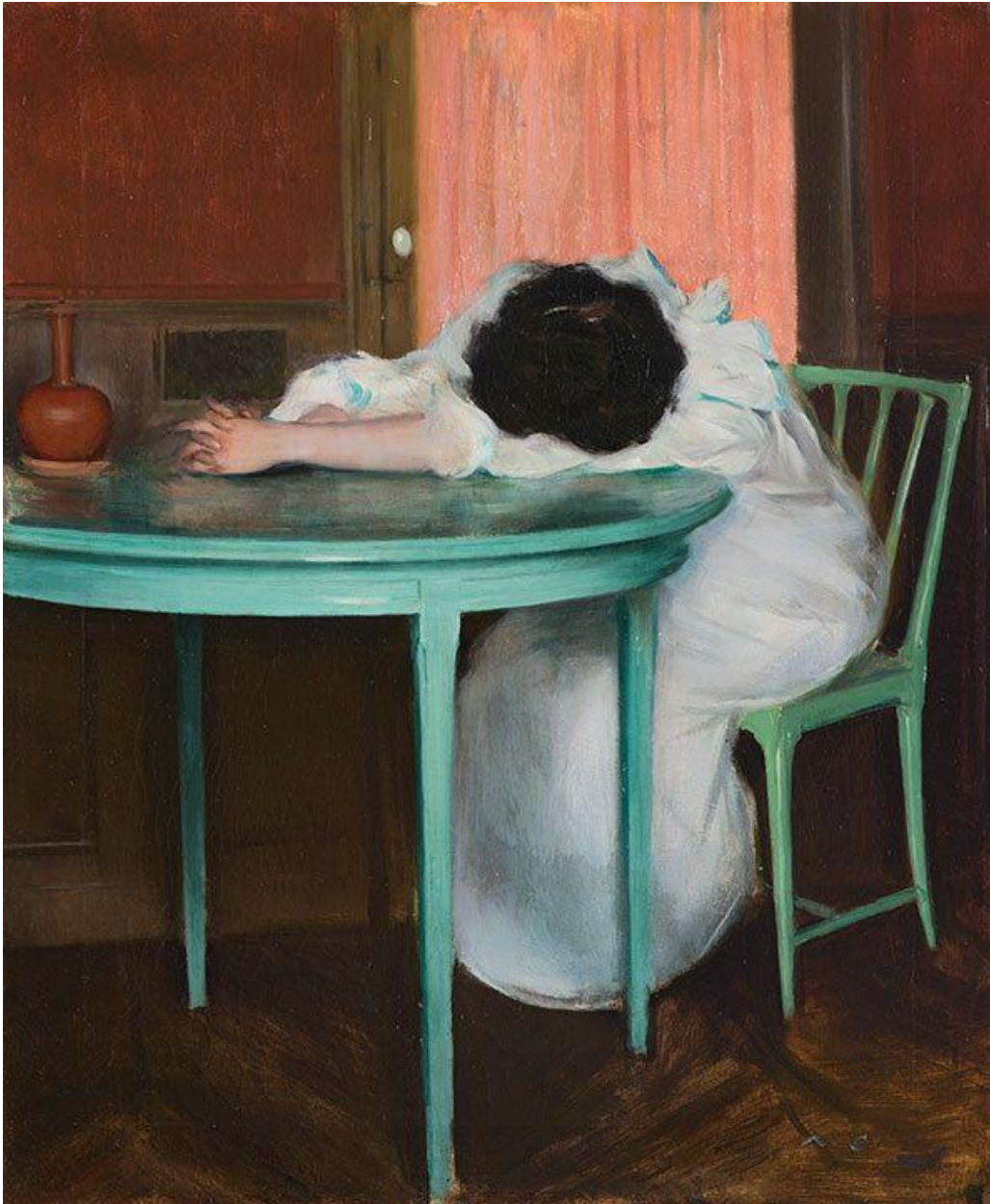


Ramon Casas, *Tired*, 1895-1900



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

Ramon Casas, *Tired*, 1895-1900

The physical nature of grief can surprise us. And even worry us at times. We may not have known that grief could level us with fatigue. That every time we sat down on the couch, we'd soon be curled up on it. Or when we stood behind our counter at work or sat at our office desk, we'd feel compelled to slump down over it, resting our head on our arm. It may often feel overwhelming just to do the laundry or pay the bills. Especially early on, everyday life can feel monumental, requiring herculean effort to just get things done. Every cell in our body wants just one thing. Rest.

Just knowing that grief will most likely communicate itself through our body can be helpful. We might not have to add more layers of suffering on ourselves through worry or self-denigration. No, we are not just being lazy or listless. It's grief calling. While not an illness, grief works on the physical plane as well. And at its own pace. It asks for patience and gentleness, to lay down the whip and tone down the internal commands. Strength and endurance will return. But, losing who we love creates the deepest of wounds. And all forms of healing take their own time.

Q.) How is your grief physically showing itself? How can you talk to yourself in a gentler way, allowing your body the rest it may be asking for?