

GRIEVE LEAVE

with Rebecca Feinglos

“Take time to grieve,” they said.
(what does that even mean?)

I’m confronting loss one day at a time
as your practical guide to
grief and grieving.

What is Grieve Leave?

Grieve Leave is intentionally taking time to process the feelings that come with loss. It’s also a couple of rhyming words I put together. In December 2021, I quit my job to take a year to grieve. This is about learning how to grieve through lots of practice, and I want to help other people as I go.

NOTE: I’m not taking a year off. My grief will be active.

How Will I Take My Grieve Leave?

Every day in 2022, I will do at least one thing to grieve. I’ll grieve small, like going to group counseling, and I’ll grieve big like a 10-day silent meditation retreat in Thailand.

Every month I will travel somewhere - domestic or international - where I’ll grieve big.

I’ll write through a blog, with the hope that sharing my grief will be helpful to others. If my entire life had to fall apart, at least maybe I can help someone else who is struggling.

What Am I Grieving?

MY PARENTS

I’m a 32 year-old orphan. My mother died of brain cancer when I was a child. My father died suddenly on the first day of COVID-19 lockdown in 2020.

MY MARRIAGE

I’m divorcing my husband. We loved each other very much but it was a toxic, abusive relationship. Issues of alcoholism, infidelity, depression, and aggression created a dangerous environment for nearly a decade.

MY WORLD

The pandemic has changed everything, and I know I’m not the only one struggling to cope with our new reality.

Why Grieve Leave?

Whether you’ve lost a pet or you’ve lost your parents, grief is not one-size-fits-all.

I’m taking a sabbatical year to try on different grief hats to see what suits me best.

Visit www.grieveleave.com to keep up with my adventures!

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