

"Well, I think the one thing I've learned, uh, about dealing with grief, is that every, uh, experience with grief is different from your previous experience. Allow yourself the time that you need and don't be worried about "oh, I should hurry up and finish this whole grief process because it's been a week, it's been a month, I should be back at work, I should be out socializing, I should be, I should be". There is no should be, when it comes to grief. I think, uh, that's a really important, uh, message."

"If you've felt this way you're not alone. That's because it doesn't matter where you live or work. How much money you have and how you vote. Men and women... "