

BROADCAST- National conversations starting to make grieving OK, especially during the holidays

ANCHOR LEAD-IN:

Grief is becoming a more open conversation, thanks in part to podcasts and national media that focus on loss and healing. At the holidays especially, mental health experts say those conversations are helping people feel less alone — and more confident that there's no "right" way to grieve.

VO OR RADIO PACKAGE:

OSF HealthCare psychotherapist Amy Brooke says CNN's Anderson Cooper podcast *All There Is* creates space for people to talk openly about loss, even long after it happens. She says many people hold back from sharing memories because they worry they should be "over it" by now.

SOT-Psychotherapist Amy Brooke, OSF HealthCare

"A lot of times, when people are grieving, they sometimes feel like they're bothering people if they talk about it, because 'Oh, my mom died a year ago. I shouldn't still be talking about her,' but what the podcast does, it says, 'No, it's okay to talk about it if it's 20 years ago.'"(:22)

Brooke says grief doesn't follow a timeline and can surface unexpectedly — during a movie, a holiday, or even a passing comment. She emphasizes that talking about loved ones isn't about moving on, but about honoring relationships that mattered deeply.

ANCHOR TAG:

Experts say allowing those conversations — whether through podcasts, support groups, or everyday moments — can help people heal, feel understood, and remember that grief is simply another expression of love.