

# THE UConn GRIEF PROJECT



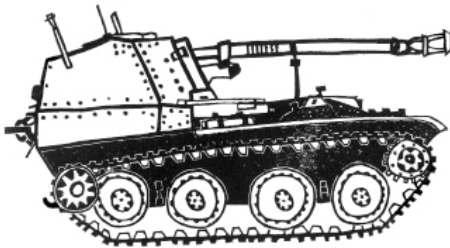
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ARIES PERALTA

## GRIEF PROJECT

Launched in February 2021, the UConn Grief Project invites students to share responses to the challenges we have faced, both as individuals and as a community, over the past year. The project seeks to bring together reflections on loss, and create a space for acknowledging the emotional impacts of this moment in history.

## KÄTHE KOLLWITZ

The UConn Grief Project was inspired by the powerful art of Käthe Kollwitz (1867-1945), a German printmaker, sculptor, teacher, and social activist who used her work to oppose war and social injustice. The William Benton Museum of Art maintains a collection of more than 100 prints and drawings by Kollwitz, which are featured in the exhibition, *Käthe Kollwitz: Activism Through Art*, February 3 – April 10, 2021.



it sits.

it seeps.

it strangles.

it eats me **alive**.

there's no place to hide.

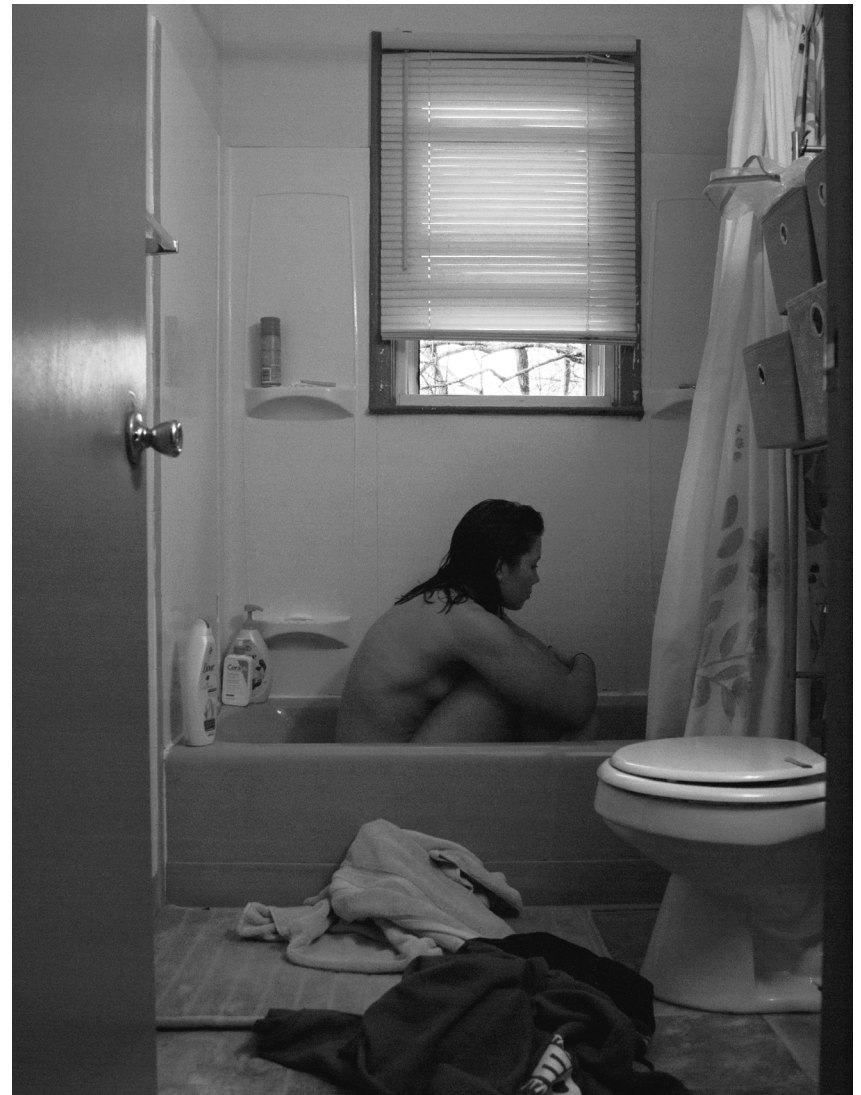
there is no peace of mind.

it sleeps with me,

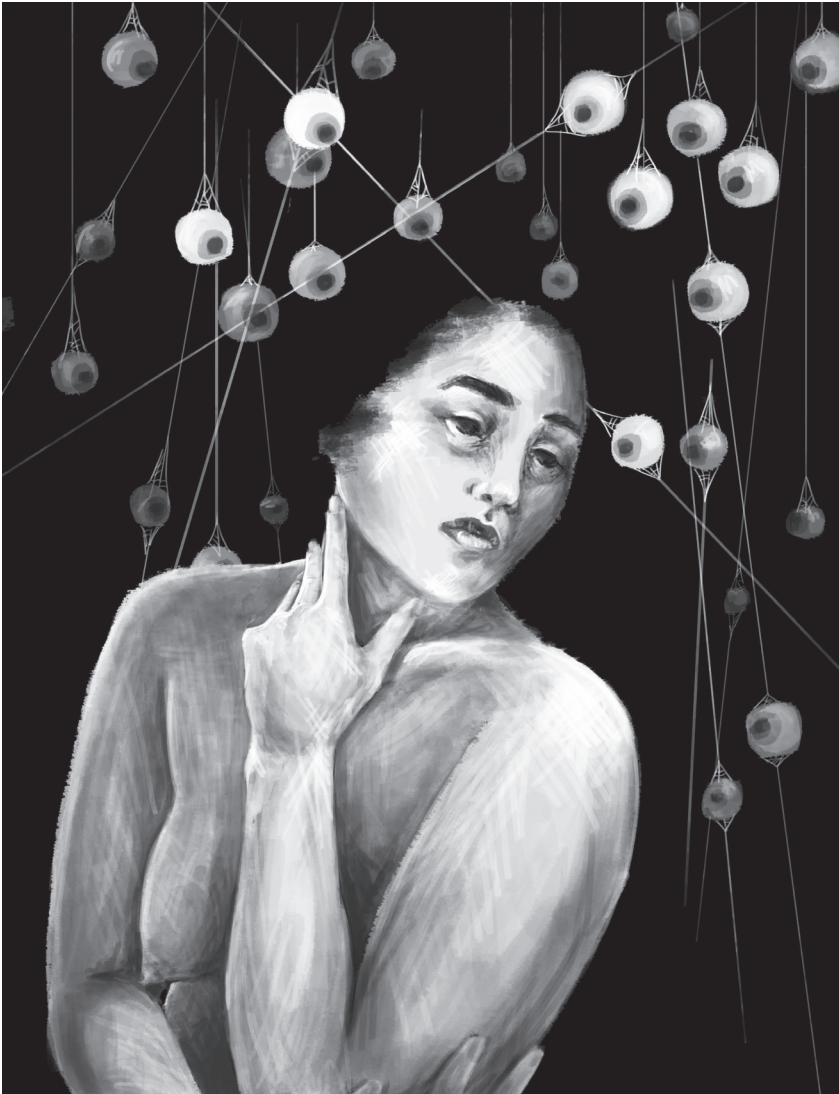
wakes with me,

**smothers me** like a blanket,

a blanket of all your old t-shirts







wrapping me in a warm,  
depressing hug  
it's like crawling under the  
smoke in a building on fire  
**panic** mode engaged,  
no light in sight  
you can't find the exit

— it doesn't exist—

and you can't stand up again

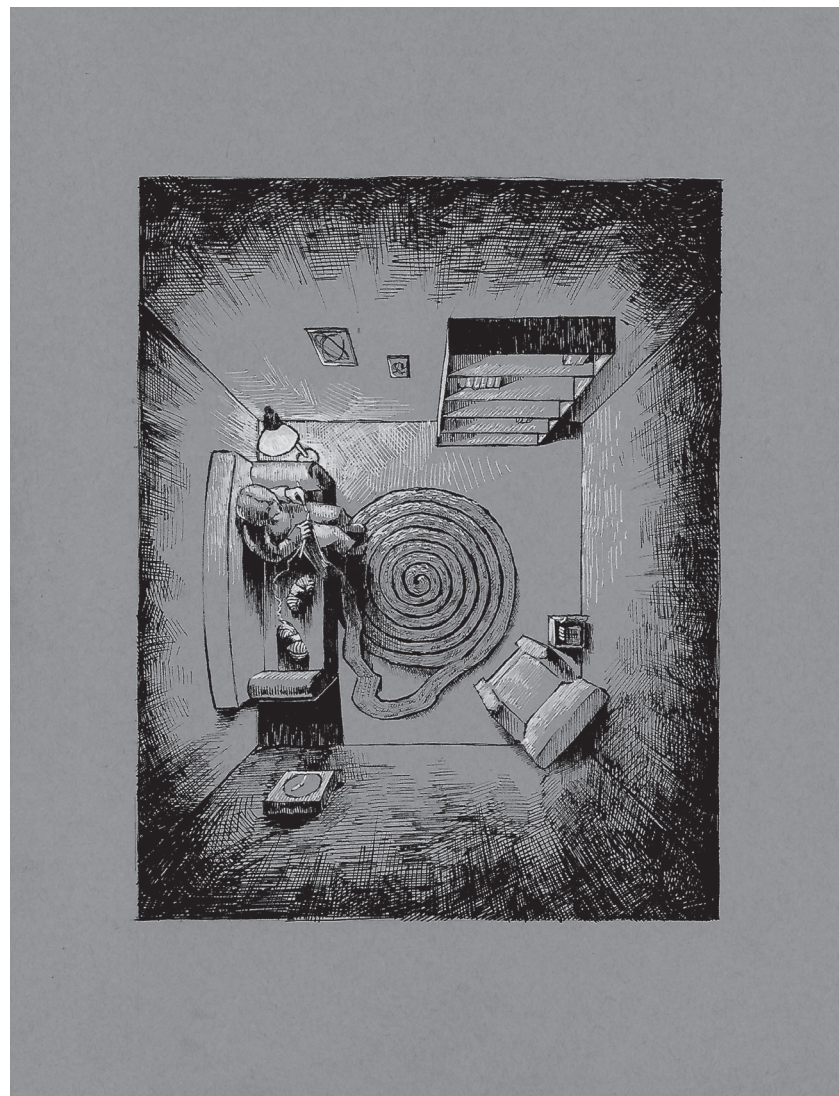


it's like turning to your left, only  
to stumble into a brick wall

**immovable,**  
**unforgiving,**  
**concrete**

there is no right way out, it only  
keeps crawling in  
it's a deep, pulling ache,  
like dark taffy in your stomach  
falling and sticky,  
you can't ever clean it up



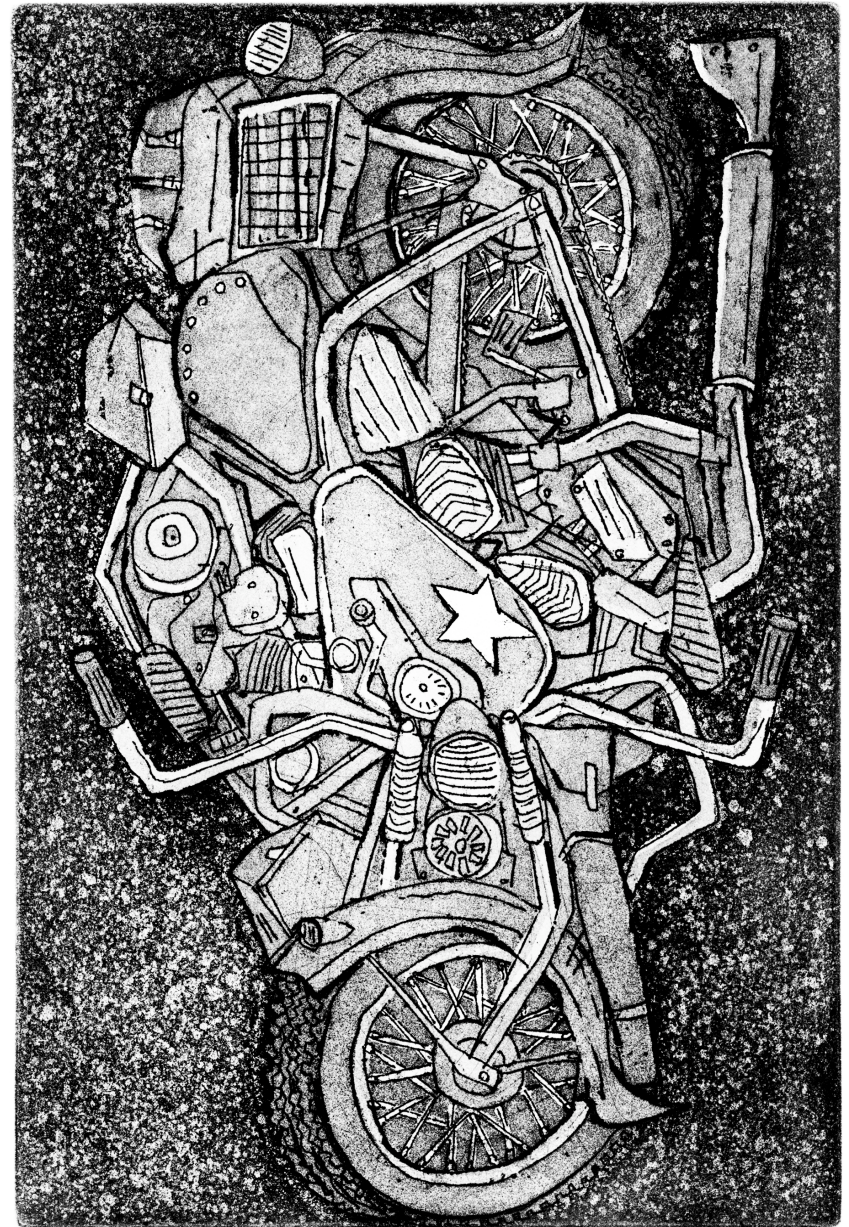




**black lungs,  
black heart  
and a home now in ashes**

**I live every day with an  
insatiable hunger for more.**

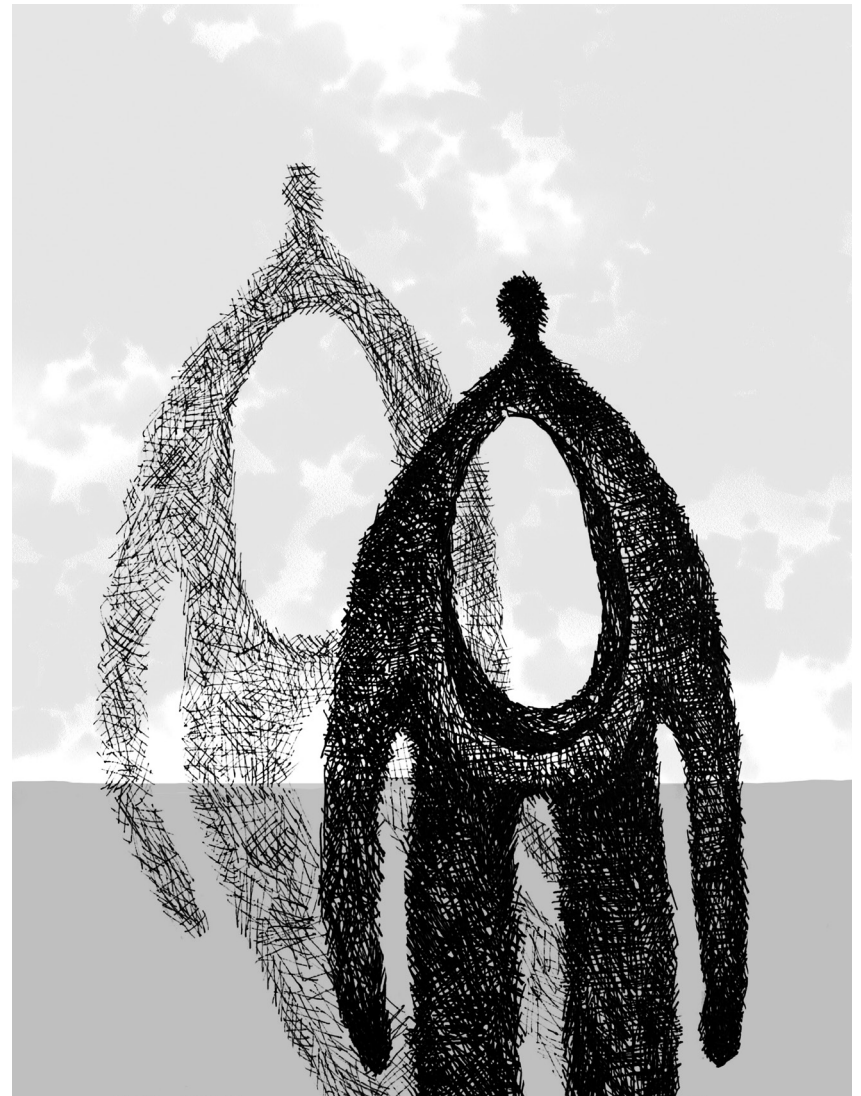
more time, more memories,  
more moments together



seeing families still together  
and moms with their kids

**smiling,  
laughing,  
crying  
any sort of emotion,  
any sort of moment**

they still have that luxury  
to see the love in her eyes







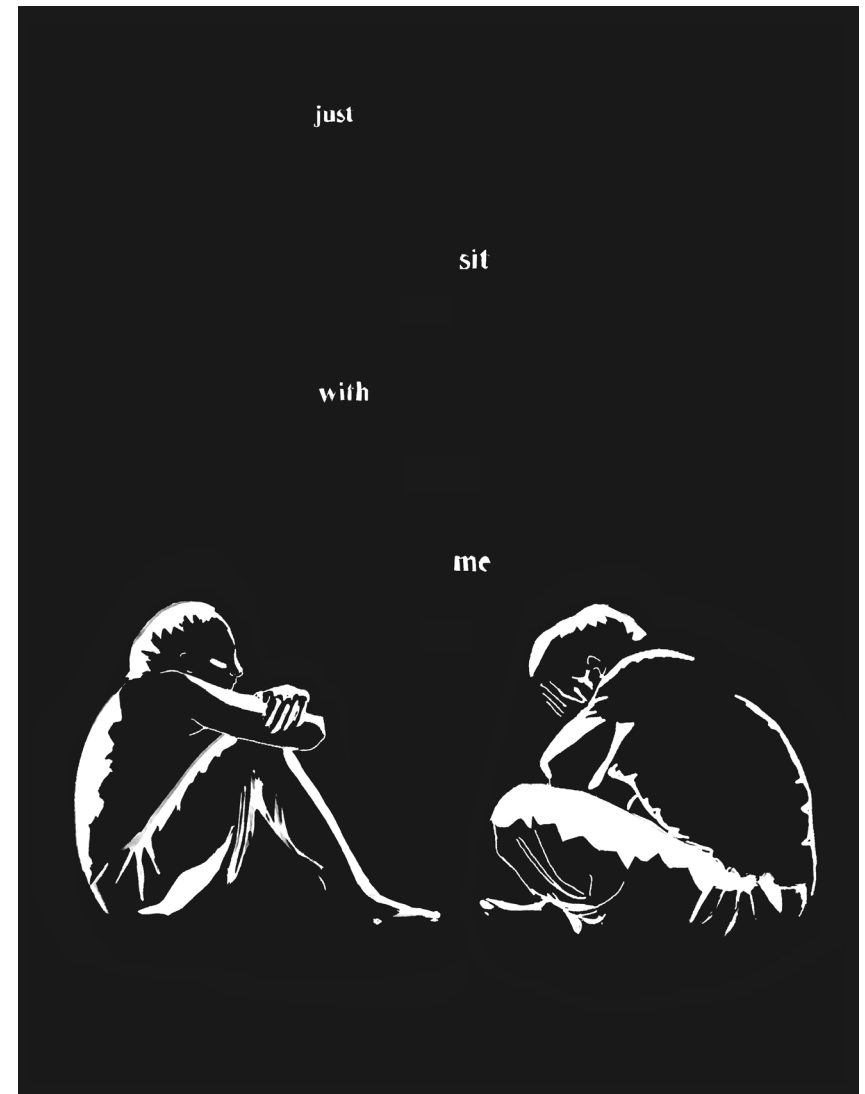




to feel her warm embrace  
and talk about plans for  
the future

**I have nothing left**

only an **empty home**,  
an **empty heart**  
and a family that will never  
be the same.





this is my **rock bottom**,

**my mom-less living nightmare**

so **listen** to me tell stories,

**listen** to me remember

**let** me sob in my childhood bedroom

and **let** me grow sunflowers in December.









no matter what,  
please tuck me in and tell me

“I love you, and I’ll see you tomorrow”

because nothing in this life is  
guaranteed and nothing gold  
can truly stay

all we can hope for is to hold  
onto these moments and to  
share all the love that we have  
today.

## **COLOPHON**

The UConn Grief Project is a collaboration between The Benton Museum of Art, Counterproof Press, and Design Center Studio. It was conceived by Emily Larned of Design Center and Counterproof Press upon invitation by Amanda Douberley at The Benton.

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