

Many emotions suffered in grief are experienced, with some similarity, universally. If you are feeling totally alone and isolated in your grief, some professional guidance and support might help.

Every grief experience is unique. Grief from the death of a loved one is a very intense, emotionally driven and deeply personal experience. Unfortunately, many people attempt to rush through grief, or worse, ignore the basic needs associated with healthy healing. It is not uncommon for this to result in unresolved feelings which may trigger a much deeper reaction to losses experienced later in life.

A good beginning step toward healing might be to share your experiences and your emotional turmoil with others who also have been touched by, and may be grieving for, your loved one. Dysfunctional or dispersed families and the realities of everyday life too often rob us of this important healing opportunity. Those experiencing this void may benefit from personal or group grief support from a hospice program or other community group.

- *Be good to yourself – schedule massage or other stress relieving ‘treats’*
- *Resist setting expectations for returning to ‘your old self’*
- *Be flexible with your expectation in resuming social activities*
- *Communicate your needs, hopes and fear to supportive friends and family*



helping HELPING GRIEF HEAL

Experiment with these activities and repeat the ones which seem to bring you comfort.

I talk about my deceased loved one.

I know tears are healing.

I communicate my needs and expectations of and to, my friends and family.

I allow others to help me with household chores, shopping, etc. to reduce my feelings of being overwhelmed.

I keep a journal of my thoughts and feelings.

I write in my journal daily.

I write a special letter to my loved one at anniversaries and other emotional times.

I write down all my negative feelings associated with my loss and have even ceremoniously burned them.

I repeat these writing exercises as often as I feel they help.

I allow myself (scheduled) time to immerse myself in my loss and in my sadness.

I schedule time to celebrate my loved one’s life in private.

I schedule time to celebrate my loved one’s life with others who share my grief.

