

Loneliness

LONELINESS, HOPE AND HEALING

Loneliness is one of the greatest problems the bereaved face in their grieving process. When a spouse or loved one has passed away, there is a tendency to give in to emotional and physical isolation. This choice seems to be the easier one when life itself seems so difficult. However, the resulting disconnection with the world can also distort thoughts and emotions ranging from incompleteness to incompetence.

Loneliness comes from

- Loneliness come from
- Lack of someone to give love to and get love in return
- Self-identity in turmoil
- The loss of “couple”, and family or social relationship which may no longer seem appropriate

Some resent having to take over the skills and social roles which were previously the deceased.

A readjustment to a change in one’s sense of self is inevitable. Over time, grieving individual who discover their own ways to cope with the new tasks are better able to return to a sense of control over life. With control comes a gradual decrease in feelings of loneliness.

Even as social activity seems out of the question, regularly re-evaluate your feelings to foster a healing balance, and a gradual movement toward life and social relationships.



caring

CARING FOR YOURSELF

IN YOUR GRIEF

Sometimes those who are mourning spend a great deal of time caring for others and neglect the care necessary for their own healing. Treat yourself with the same care and affection with which you offer others.

The Power of Talking

One of the most powerful outlets for healing grief is talk. Seek someone to use as a sounding board for your thoughts and feelings. This is one of the greatest gifts you can give to yourself. Telling and re-telling 'the story' is normal and healthy. Eventually, the pain will lessen, as will the need for this outlet.

Make Time to Grieve

It is a normal urge to want to run from the pain of grief, yet this postponement of feeling is likely to catch up with you.

With purposeful intent, stop and spend some quiet time alone to examine your thoughts and feelings. A few moments or a few hours. Write down your feelings, read poetry, listen to music, draw, paint, or find other activities to serve as an expression of your emotions.

The Healing Effects of Touch

Touch is an important and basic human need. Hugging, for instance, validates your worth and importance. Remember, when you give them, you get them.

Mild Exercise

Exercise forces a healthy change in your breathing which may have become shallow and tight. Exercise can also aid your energy level and lessen some of the physical tenseness which accompanies grief and sadness. It also helps reverse the natural tendency toward social isolation.

Consult a physician if necessary.

Good Nutrition

Your emotions are already on a veritable roller coaster. Drink plenty of water and avoid spicy and/or greasy foods. Avoid excessive intakes of sugar, caffeine and processed food which can wreak havoc on emotions.