

# 3 Important Truths About Grief

Hold these important ideas in your mind as you walk this unfamiliar and challenging path.

## **There are no timetables for grief.**

The bereaved do not process through “stages” in an orderly and predictable fashion. No one will be “done” with grief; by contrast, you will process the grief individually and at your own pace, folding it into your life in a way that becomes more manageable over time.

## **Grief must be addressed.**

This grief cannot be avoided, ignored, or put away. You must go through it in order to emerge on the other side. As much as you may not be able to believe it now, your grief will shift and become less all-consuming as time goes by, and you will smile and find joy again. But right now, you must follow your instincts and allow your heart, mind, and body to grieve.

## **Grieving requires patience and acceptance.**

Grief work from the death of a child, sibling, or grandchild is a slow process. Be gentle and patient with yourself and your family. Allow yourself to cry, to grieve, and to retell stories as often as needed and for as long as you need to. You will never forget your loved one; he or she will be with you in your heart and memories for as long as you live.