

Escaping and Avoiding

Drugs and/or alcohol may seem like an easy way to forget. When the effects wear off, the memory and feelings will return waiting to be worked **through** – not around.

Other problems with coping are shown by: overeating, overspending, sleeping the day away, moving to another location to avoid facing the reality, entering too quickly into a new love relationship, overworking on the job to avoid facing the reality.

Suggestions:

Watch your impulses and as much as possible try to imagine the outcome of your actions before you jump into anything.

An impulsive behavior may feel good temporarily, but ask yourself, “What will be the long term effect on my mental and physical health?”

Do not stop yourself from thinking about the death, the loss, the pain, the person; but continuing to dwell on the death so much that you cannot perform your daily duties is not healthy.

Again, find a balance.

Although escaping and avoiding all the reminders of the death of your loved one is not healthy, there are things that you can try to do so as not to have to constantly face the harsh reality of the death. Distractions such as the following can help, but most people report that they only help temporarily:

Keeping busy.
Working on a hobby or something creative.
Helping someone in need. Watching television or a movie.
Reading (most people find it hard to concentrate).

Try to avoid changing your residence during the first year after the death. Most experts agree that it is not wise to move during this time in your life even though well-meaning friends and relatives encourage you to do so. Wait. You can always move later.

This is also true for other major decisions in your life, whether it is a major purchase or getting (re)married. Wait.

Source: A Guide for the Bereaved Survivor by Robert Baugher, Ph.D. & Marc Calija