



A Holiday Message for the Bereavement Journey

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow — especially this holiday season, marked by an ever present pandemic that has taken hundreds of thousands of lives and left millions bereaved. The holidays are challenging when facing the pain and uncertainty of grief as holidays are a time for fellowship and friendship with those you love. However, for many bereaved families, it is also the time of year when they remember the ones in their lives who have died. The truth is that no one is ever ready to face the grief of loss. Too few of us are able or willing to take advantage of support in the form of a grief group, or even from family and friends. It's not that they don't care; it's that they aren't walking in our shoes. These are times to take special care of yourself.

3 Tips for Practicing Self-Care When Grieving

1. Identify at Least Three Individuals Who Are Empathetic Listeners

Empathetic listeners commonly are those who do not speak nor interrupt but sits with you as a silent presence if necessary. They listen, hear, and respond. They help in the task of moving from one emotional place to another.

2. Hold Quiet Space for Your Thoughts

We know being able to express ourselves through talking is healing. So is being able to be alone, silent, and reflective. When experiencing the death of a loved one, reflection allows you to not only remember the good you experienced with the loved one, but also to step outside of the chaos that death brings and gain stability over your thoughts. Quiet time may be a luxury. But it is helpful. It helps one stay centered and once continuously practiced, becomes a behavior to rely on when your emotions seem to well up. Quiet time allows you to focus on your breathing, center your thoughts, and pay attention to yourself.

3. Be There for Others and Be Present with Others

Grief can wrap you up and hold you hostage if you let it. It is self-absorbed and wants to remind you that you are now at a loss. You must respond to grief by taking away the attention of the loss and find ways to focus your attention on something else.

Of course, no matter how well we go through the grieving process it is still going to hurt. The following are tools to consider along the grieving process:


Relaxation: Be intentional about setting aside time daily to do something that you find relaxing. Whether it is reading, cooking, gardening, walking, or anything else that you can do to take your mind away to a calm place. You've got to find these things where you can enjoy yourself and be yourself and experience relaxation.

Have Fun: Allowing yourself to have fun is very restorative. And it is especially important that you realize that if you go out and have some fun that you're not disrespecting the one you lost or being disloyal to them. There is something so comforting about doing something that you've enjoyed doing for a long time or trying something new that you've always wanted to try. So even though maybe you don't feel like it, particularly at first, be intentional about getting out there and having some fun.

Support group: All of us can benefit from being in some sort of a support group, a home group, or a bible study where we are connecting and revealing ourselves to other people. A support group that is specifically designed for people who are grieving is invaluable as we share our feelings with people who are bereaved. So, look up what is available for you. Support groups are powerful.

With each step, you can heal when you make time for self-care and pay attention to your very valid needs and feelings.

Excerpts from 3 Tips for Practicing Self-Care When Grieving, by Khadijah Moon and 7 Tools to Process Grief <https://newlife.com/7-tools-to-process-grief/>



The grief journey is one no one likes to be on – it is painful, lonely, and difficult. Knowing that grief is a normal response for losing someone we love may not be comforting in the moment. We hope this information will help you as you travel this journey.

It hurts to lose someone.

Find help at **GriefShare**.

GriefShare is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences. You don’t have to go through the grieving process alone.

Find a **GriefShare** support group or event near you

Thousands of **GriefShare** support groups meet weekly around the world. Visit or join a group at anytime. And attend as many meetings as you like.

Surviving the Holidays

A special seminar to help you cope with the holiday season.

How GriefShare works

GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You’ll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.

There are thousands of GriefShare grief recovery support groups meeting throughout the US, Canada, and in over 10 other countries. There’s one meeting near you!

Free daily email encouragement

Receive an encouraging email message every day for a year. These short messages will inspire you and provide practical information as you grieve the loss of your loved one.

<https://www.griefshare.org/>

GriefShare is a resource and not an endorsement of the organization.

For additional information please consider contacting the following:

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