

WHAT DO WE NEED DURING GRIEF

- TIME:** Time alone; and time with others whom you trust and who will listen when you need to talk. Months and years of time to feel and understand the feelings that go along with loss.
- REST - RELAXATION - EXERCISE - NOURISHMENT - DIVERSION:** You may need extra amounts of things you needed before. Hot baths, afternoon naps, a trip, a "cause" to work for, to help others—any of these may give you a lift. Grief is an exhausting process emotionally. You need to replenish yourself. Follow what feels healing to you and what connects you to the people and things you love.
- SECURITY:** Try to reduce or find help for financial or other stresses in your life. Allow need to allow yourself to do things at your own pace.
- HOPE:** You may find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them, and realizing that they have recovered and time does help may give you hope that sometime in the future your grief will be less raw and painful.
- CARING:** Try to allow yourself to accept the expressions of caring from others even though they may be uneasy and awkward. Helping a friend or relative also suffering the same loss may bring a feeling of closeness with that person.
- GOALS:** For a while, it will seem that much of life is without meaning. At times like these, small goals are helpful. Something to look forward to, like a movie tomorrow night or at trip next month, helps you get through the time in the immediate future. Living one day at a time is a rule of thumb. At first, don't be surprised if your enjoyment of these things isn't the same. This is normal. As time passes, you may need to work on some longer goals to give some structure and direction to your life. You may need guidance or counseling to help with this.
- SMALL PLEASURES:** Do not underestimate the healing effects of small pleasures as you are ready. Sunsets, a walk in the woods, a favorite food—all are small steps toward regaining your pleasure in life itself.
- PERMISSION TO BACKSLIDE:** Sometimes after a period of feeling good, we find ourselves back in the old feelings of extreme sadness, despair, or anger. This is often the nature of grief, up and down, and it may happen over and over for a time. It happens because as humans, we cannot take in all the pain and the meaning of death at once. So we let it in a little at a time.
- DRUGS ARE NOT HELPFUL:** Even medications used to help people get through periods of shock under a physician's guidance may prolong and delay the necessary process of grieving. We cannot prevent or cure grief. The only way OUT is THROUGH.

Reference: Tatelbaum, Judy. The Courage to Grieve. Lippincott and Crowell