

What Is Grief ?

Grief is a normal and natural reaction to the death of a loved one. Most of us are not prepared for the long journey of grief which is sometimes devastating, frightening, and often lonely.

Grief has been likened to a raw, open wound. With great care, it eventually will heal, but there will always be a scar. Life will never be the same, but eventually it will get better.

No two people grieve the same way.

In order to move through grief, one must do "grief work." There are no choices, you must go through it.

Unless absolutely necessary, one should try not to make major decisions during the early stages of grief because judgment at that time is not accurate.

The best grief therapy is to find someone to listen to you tell your "grief story."

It is not selfish to be self-caring.

Working through grief often takes much longer than you expect. The only thing that seems to help is to take one hour..., one day...at a time.

Each person has his or her own timetable and style of grieving. There will be many emotions attached to our grief work. Some people will experience all of them, some will experience just a few. No one experiences them in order. Some of these emotions are:

- disbelief/denial
- physical symptoms
- idealization
- anxiety/fear
- bargaining
- depression
- lowered self-esteem
- guilt
- anger
- loneliness
- helplessness
- preoccupation

Each of these emotions must be faced and worked through if healing is to take place.

SEAS BEREAVEMENT
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