

Top Hints For The Bereaved

Know:

Your grief is uniquely YOURS. It is natural to hurt when your heart has been torn apart. It is one of the hardest things you have ever done, yet it is survivable.

Be Aware of Common Reactions:

We react emotionally, mentally, physically, and spiritually. These reactions can be deep, overwhelming, and even immobilizing. Fear, guilt, forgetfulness, disorganized thinking, changes in appetite and sleep patterns, rapid heartrate, tightness in chest, anger and WHY questions at God, loss or strengthening of faith, and even avoiding our places of worship, just to name a few. You are normal.

DO:

Drink lots of water. Move your body. Connect with friends at least once a week. Acknowledge and validate your feelings. Talk or write about your person. Ask for help with things that feel overwhelming. Bring some routine into your day. Make plans and adjust them if you want to. Have boundaries. Eat healthy.

DON'T:

Remain sedentary. Isolate and withdraw from friends, stuff feelings by keeping busy. Avoid thinking or talking to or about your person. Try to do everything yourself. Avoid doing things. Try to please everyone. Eat junk food, sugary treats.

Seek Support:

Live in community with others, we are NOT meant to do this alone. Sorry to tell you, but you must be active in finding support rather than waiting for others to provide it. Find someone who has walked this road before and ask them about what helped and area resources that could help you.

Keep the Faith:

Express your faith- even in deep lament. Practice your faith- even when you do not feel like it. Rest in your faith-even though we do not understand why this had to happen.

Borrow Hope:

You may not have any right now, that is okay, just borrow it from others. Spend time with those who speak truth and life to you. Seek and listen to encouragement, only allowing for people, places, and words that enhance you- avoid the diminishers.

Survivor Challenge:

Think back on a difficult time in your life. What helped you? What strengths did you use to survive? Connect with those strengths and skills. Sharpen them and then use them to move you forward toward healing!

You have got what it takes!!!

Visit Grief-guide.com for further support and resources

