

COPING WITH GRIEF

WHAT IS GRIEF

Grief is a natural response to the loss of someone or something very important to you. The loss may cause sadness and may cause you to think of very little else besides the loss.

Grieving is a personal experience. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience.

There is no "normal and expected" period of time for grieving. You will probably grieve your loss of your loved one for the rest of your life. Your goal is to try and remember them with more love than pain.

"People often say, "I don't know how you're doing it." I tell them that I'm not. I'm not deciding to wake up in the morning. I just do. Then I put one foot in front of the other because there's nothing else to do. Whether I like it or not, my life is continuing, and I have decided to be part of it."

— David Kessler



HOW CAN YOU WORK THROUGH GRIEF

There is no way around grief. You need to go through it and come out the other side.

- Allow yourself time to grieve maybe even make a special time once a day/week where you devote time to them and their memories by looking at pictures, preparing their favorite meal or talking to others about some of your favorite stories.
- Practice self care.
- Acknowledge your pain.
- Accept that grief can trigger many different and unexpected emotions.
- Understand that your grieving process will be unique to you.
- Seek out face-to-face support from people who care about you.
- Support yourself emotionally by taking care of yourself physically

HOW CAN YOU HELP OTHERS IN GRIEF

- Know that a person in grief is not broken and therefore cannot be fixed.
- Allow the bereaved person to talk and express their grief in whatever way they need. This may include crying, angry outbursts, screaming, laughing, expressions of guilt or regret.
- offer support like taking out the trash, doing the laundry, bringing them a meal, picking the kids up from school
- Things to say that are helpful might be: I am so sorry for your loss. I wish I had the right words, just know I care. I don't know how you feel, but I am here to help in any way I can. You and your loved one will be in my thoughts and prayers. You can give a hug instead of saying something or just say nothing, just be with the person can be helpful to them.
- However well intentioned, things to that might **not** be helpful to a grieving person can include: At least she lived a long life, many people die young. He is in a better place. There is a reason for everything. Aren't you over him yet, he has been dead for awhile now. You can still have another child. She was such a good person God wanted her to be with him. I know how you feel. She did what she came here to do and it was her time to go.



If you have any questions or would like to discuss this further please contact
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