

ENERGY DRAIN

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It is surprising to me that much bereavement literature omits mention of the huge energy drain which comes with grief. If you are newly bereaved and have yet to realize that nearly all of your energy is required just to deal with these many emotions you are confronting, then let me assure you that this is the case. Don't expect yourself to complete projects within the same time frame as you were once able to, nor expect yourself to be able to dazzle customers or clients with pizzazz or gusto.

It simply takes too much energy just to dress in the morning, to make the simple decision to eat, to stifle tears in public, to keep your anger from inappropriately erupting. There is very little energy for anything else. Every thing will take longer than you think, including grief recovery. You will, however, gradually rediscover yourself and build a new life. Your life will be a rich and full one where the memories of your child will no longer produce pain. In fact, those memories will enrich your life. And that's the truth!

Meanwhile, conserve your energy when and where you can, and allow yourself time to grieve. Those people who deny their grief simply delay the process. The quicker way to recovery is straight through the grief, not around it.