

PRACTICAL WAYS TO DEAL WITH YOUR GRIEF

By: Cheryline Lawson, bereaved mother

There are no magical methods or definitive answers on how to deal with grief. However, with each other's experience from grief healing, it is possible to help each other in those times when we are having a difficult time. My experience with grief has helped me to assist others throughout the years and I would like to share these thoughts with you.

There are times when you feel lost and alone, but I want to remind you that there are people like me who want to provide support and encouragement, not for financial gain, but a genuine concern because we have experienced what you are going through right now.

Try not to isolate yourself from anyone because if you do, you will face depression, which may get too extreme for you to handle. Seek the company of other family members who share your pain. Sit and talk about your loved one and make sure you include the good memories that will put a smile on your face.

Never give up hope because while there is life there is always hope for your future. Your dreams are still real. You have much to love for in fulfilling your purpose on earth. Be encouraged to know that you are important and there is a reason why you are still alive.

Find something that you can do to uplift someone else or maybe something that your loved one would have liked to do. It will fulfill your day in some way to know that you are reaching out.

Cry if you want to. This is completely reasonable for someone going through the grieving process. It is a way of purging your soul. Never be too hard on yourself and never feel guilty about being happy.

Believe it or not, your loved one would have wanted you to be happy. Do something spontaneous like going on a cruise or going to dinner. It will enlighten you or it may make you feel sad, but you will never know unless you try something.

Every day will be different for you, but hold on to your sanity. You need this to advance into the future. Read books that will motivate and encourage you. Do not withdraw yourself. I cannot stress this enough. This will sink you into a depression that is hard to shake off.

Write, write, and write some more. Keep a daily journal and jot down your thoughts. Write the good thoughts that you are thinking about your loved one and don't be afraid to journalize your fears. You will have fear of the unknown, but your journey will take you to a place of hope. It is a day-to-day journey and you must travel the road of grief to reach the destination of healing.

Surround yourself with people who are positive and who will understand your pain. Each day, leave the day before behind. Don't retrace your steps. You are on a healing path and looking back is a reason to intensify your pain.

Everyone deals with grief differently, but for the most part, there are some specifics that are universal. I am speaking from the heart of my experiences and hope that the encouragement will lead you to a peaceful place of new beginnings. Don't give up. Keep holding on to each day and be thankful for each new day that you get closing to your healing.