

Dealing with Grief

There is no right or wrong way to deal with grief. It is important to realize and accept that each one deals with grief in his or her own way...

Your way is not better or appropriate than another's. This is important to remember as we must refrain from judging each other's actions to draw conclusions.

I want to share a few things that help me and I believe will help each of us deal with this very difficult time now.

Bereavement vs Grief

Grief is keen mental suffering or distress over affliction or loss. It is sharp sorrow or painful regret. A heightened status of distress...

Bereavement is a period of mourning after a loss, after the death of a loved one: It is a state of intense grief...

Bereavement refers specifically to the process of recovering from the death of a loved one. Grief is a reaction to any form of loss.

The range of emotions for grief can begin with deep sadness to anger, to depression.

The process of adjusting to a significant loss can vary dramatically from person to person, depending on what his or her background of beliefs are, cultural practices, personal convictions, personal comfortability and their relationship to what was lost, and many other factors.

I am sharing some tips to help us all cope. Christ Offers Peace Everlasting.

Some common thoughts and behaviors often associated with grief are feelings of sadness, yearning, guilt, regret, and anger.

Sadness: Feeling Unhappy, lack of enthusiasm for things, melancholy. A deep somber, dark, or dull-drab attitude.

Some people may experience a sense of meaninglessness, and others can feel a sense of relief.

Emotions are often surprising in their strength or mildness, and they can also be confusing, such as when a person misses a painful relationship.

Thoughts during grief can vary from "there's nothing I can do about it" to "it's my fault, I could have done more" or from "she had a good life" to "it wasn't her time." They can be troubling or soothing, and people in grief can bounce between different thoughts as they make sense of their loss. Grieving behaviors run from crying to laughter, and from sharing feelings to engaging silently in activities like cleaning, writing, or exercising. Some people find comfort in the company of others, particularly with those who may be similarly affected by the loss, and others may prefer to be alone with their feelings.

Module to deal with the loss of a loved one

To accept the reality of the loss

To work through the pain of grief

To adjust to life without the deceased

To maintain a connection to the deceased while moving on with life