

WHAT I NEED

TIME

I need time alone, and time with others whom I can trust and will listen when I need to talk. I need time to feel and understand the feelings which go along with loss.

REST

I may need extra amounts of things I needed before. Relaxation, exercise, diversion, nourishment, hot baths, afternoon naps, a trip, a cause to work for to help others, any of these may give me a lift. Grief is an emotionally exhausting process. I need to replenish myself, to follow what feels healing, and connects me to the people and things I love.

SECURITY

I need to reduce or find help for financial or other stresses in my life. I need to allow myself to be close to ones I can trust. It helps when I allow myself to get back into a routine, and to do things at my own pace.

HOPE

I find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them, and realizing that they have recovered and that time does help, gives me hope that sometime in the future my grief will be less raw and less painful.

CARING

I try to allow myself to accept the expressions of caring from others, even though they may be uneasy and awkward. Helping a friend or relative also suffering from the same loss often brings me a feeling of closeness with that person.

BACKSLIDING

Sometimes after a period of feeling good, I find myself back in old feelings of extreme sadness, despair or anger. Intellectually, I know the nature of grief is up and down, and it may happen over and over for a time. Humans cannot take in the pain and the meaning of death all at once. So, I give myself permission to let it in a little at a time.

SMALL PLEASURE

I no longer underestimate the healing effects of small pleasures. Sunsets, a walk in the woods, a favorite food all are small steps toward regaining pleasure in life itself.

GOALS

It can sometimes feel that much of life is without meaning. At times like these, small goals are helpful. Giving myself something to look forward to, like playing tennis with a friend next week, a movie tomorrow night, a trip next month, helps me get through the moment. Living one day at a time is a good rule of thumb. At first, my enjoyment of these things just isn't the same. I know this is normal. As time passes, I will work on longer range goals to give some structure and direction to my life. It is okay to get some guidance or counseling to help with this.

MEDICATION

Unless carefully managed under professional supervision, medication is not always the answer. Drugs intended to help me get through periods of shock may sometimes prolong and delay the necessary process of grieving. I cannot prevent or cure grief. The only way **out** is **through**.