

Good Grief

Common Characteristics:

- Disbelief and shock
- Crying
- Physical symptoms
- Denial
- Questioning
- Sadness
- Anxiety , lack of concentration, forgetfulness
- Guilt , regret
- Exhaustion
- Acceptance and peace

Common Myths about Grief:

- All people grieve alike
- Grief has a time limit
- Crying doesn't help
- Painful thoughts should be avoided
- It's helpful to keep a stiff upper lip/ be tough
- Grief should be private
- Once grief is done, it's over.
- Anger has no place in grieving
- Staying busy makes grief end sooner
- The intensity of grieving is equal to the love for the person who died.

Things Grieving People Can Do:

- Keep a daily journal;
- Rely on trusted people for support
- Take advantage of simple pleasure such as walks, music or activities that have felt peaceful in the past
- Get ample rest and mild exercise
- Find something to look forward to like coffee or a movie with a friend
- Join a support group
- Write a letter to the person who died and share special memories, changes. Answer the letter.
- Keep connected to your spiritual practices