

GOING THROUGH BEREAVEMENT

(When someone you love dies)

When there is a death or a loss, everyone goes through the following stages of emotion. It is essential that you allow yourself to go through this process fully or healing cannot occur:

- Denial and Shock
- Anger and Blame
- Guilt and Bargaining
- Depression and Loneliness
- Acceptance

The loss of someone you love changes your life and each individual needs to find his own way of coping. It is not an easy process. You will probably feel disbelief, anger, physical problems, fear, guilt and prolonged depression (sometimes requiring professional help).

- Allow yourself the necessary time to grieve, but avoid isolating yourself
- Postpone major decisions
- Accept comfort from others
- Look to your faith
- Take Care of yourself
 - avoid drinking
 - get rest
 - Be active
 - do things with friends
- Express yourself; write down your feelings and memories
 - Deal with the past regrets

- Keep memories alive/stay connected
 - Share memories with others
 - Allow time to think and remember
 - Save treasurers and photo albums/scrapbooks
 - Visit grave side
- Create new routines

You can help others go through bereavement by being available to just listen. Avoid saying things like "I know how you feel." Ask if there is anything that you can do to help - daily tasks are often difficult to accomplish during a time of grief and the added support is appreciated.

The grieving process is different for everyone. Anniversaries and holidays are usually difficult times as they can recreate various stages of the grieving process. It is important to be patient and to understand -- healing takes time.