

Spotlight: *Grief and Loss*

Suggestions for Dealing with Grief



FEEL YOUR FEELINGS

We are often taught that some emotions are either "good" while some are "bad." Emotions, however, are neither good nor bad. They are simply comfortable or uncomfortable. Remember that emotions come and go like waves of the ocean. Feeling your feelings entirely is essential for healing. Try your best not to push your feelings away and know that the discomfort is only temporary.

CREATE NEW RITUALS

Rituals have been essential to human healing and meaning-making for hundreds of years. In addition, creating new traditions after someone passes can be healing. Rituals can take many forms, including visiting the person's favorite restaurant or writing letters to the person who has passed each year on their birthday.



MAKE TIME TO GRIEVE

Our modern society fails to provide grief its due time and place. Grief is sacred and deserves intentional time and space. If needed, schedule time in your calendar to allow yourself to STOP and grieve.

SEEK OUT SUPPORT

Humans, by nature, are social creatures. We rely on socialization with others for our survival. In grief, connecting with community and reaching out to professionals for support can be incredibly helpful. Grief support groups are also good places to receive support from others who know what you are going through.



TRY TO AVOID DRUGS AND ALCOHOL

When we are grieving, we are incredibly vulnerable. At the same time, our emotional pain may cause us to reach for things that serve to numb us, such as substances. Often the combination of these two things can create potentially bigger problems later on. When grieving, try to limit drugs and alcohol as a means of numbing or masking your feelings.