



Grief

Losing someone you love is the hardest thing in the world to deal with. It's a kind of pain that you physically feel all over your body. It's suffering of the worst kind. To make things even worse, it seems like no one else understands how you're feeling.

In the first few weeks and months people gather round, cry with you, listen to your stories, bring over food, check in on you often and help with all those little things you can't bring yourself to think about. But after about 3 months the crowd thins out. People seem to go back to their normal lives and expect that you'll do the same. You get your first real taste of being alone in the grief. Over the first year you gear yourself up and survive the first birthday, anniversary, vacation, and holidays since your loved one died.

Then the real, true suffering begins. You realize that you have to keep doing it. Surviving the first anniversary of all those events was only the beginning and you somehow have to keep going. That's why **NO ONE** can tell you how to deal with your grief. Don't let anyone tell you when it's time to get rid of your loved ones things, or when it's time to stop crying or visiting the cemetery. You have to figure out for yourself, when you're ready to make changes. Your grief belongs to you.

Every time you cry for your loved one, it's a way of honoring who they are in your life and what you have lost. It lets the world know someone really precious has left us and that they still matter.

Find people to talk to that don't tell you how to feel. People that will let you feel sad, or tell your stories, or just sit quietly if that's what you need. If you get scared or really begin to have difficulty making it through the day, reach out to the counselor at the Help Center and get some extra support. They can't make the grief go away but they can support you while you learn to walk through it.