

Beyond the Wings



Grief: A Unique Journey

Grief is never a path that one would choose to embark on and it is a unique journey with each person finding their own way. Some people do not express grief through tears and others find that they cannot stop crying. The important thing is that each person find their own expression of thoughts and emotions as they journey through this difficult terrain.

Although grief is different for everyone, one emotion that many people experience is a deep sense of sadness. At times anger might be an emotion that surfaces for some. People may feel anger at themselves, at medical professionals, at God, or at the person who died. Anger can be intensified by a sense of helplessness or loss of control. Physical exercise is a healthy way to alleviate anger.

Guilt is another emotion which may come with grief. The “if onlys” and “should haves” can plague grieving people and holding onto guilt or anger may hinder one’s healing. In contrast, acknowledging the things beyond one’s control can be helpful in processing these emotions.

Grief holds no “normal” response. It is different for everyone. What can be expected is a natural gamut of emotions that come at unexpected and unpredictable times with varying intensity. The intensity of these emotions will lessen as people allow themselves permission to express this vast array of emotions on their journey through grief.

Grief Can Be Exhausting

Grief is hard work, the hardest work one can do, and it is exhausting. One’s energy is easily drained leaving little remaining for the daily tasks of life and it can be difficult to balance life’s usual activities and grief. Here are a few ideas:

- Step back from the activities that do not bring you life
- Take intentional time to listen to your heart and reflect
- Let some commitments go for a while
- Journal-it helps you see the progress you are making
- Go to bed earlier than normal
- Exercise

Tips for Coping with Grief

Have compassion on yourself. It is difficult to care for one’s self, but listening to your body is essential. Get plenty of rest, exercise regularly, eat regular meals and drink plenty of water.

Avoid major decisions. Initially, it is difficult to think clearly. Hold off on major decisions early in the grief process.

Find safe people to share your grief with. Surround yourself with people who let you grieve in your own way and time. A grief group might be helpful.

Get help with practical matters. You may find the need to take on new and unexpected roles. Ask trusted family and friends for advice or for a referral to trusted professionals.

Know that grief is a long process. Grief can feel like an endless rollercoaster ride. There is no time table for grief. We never actually get over grief, but we learn to live with it as we choose to go on living.

“You will lose someone you can’t live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It is like having a broken leg that never heals perfectly-that still hurts when the weather gets cold, but you learn to dance with a limp.” Anne Lamott

Give for Good

Help make a difference in the lives of those on the journey of grief and healing.
Make a donation In The Memory of a loved one at adoray.org/giving.





Discover the Adoray Difference Today
715.629.1888 | adoray.org

Resources:

A Grief Observed by C. S. Lewis

Living when a Loved One has Died by Earl Grollman

Recovering from the Loss of a Parent by Katherine Fair Donnelly

The Orphaned Adult by Marc D. Angel

Adoray Home Health & Hospice
2231 Hwy 12, Ste 201
Baldwin, WI 54002

Upcoming Programs

Adoray Memorial Service

Adoray Home Health & Hospice invites you to join us for a remembrance event.

We encourage family and friends alike to join us for this special event as we honor loved ones with music, messages, readings, and prayers.

SUNDAY, MAY 5, 2019 | 4:00PM

THE DEERFIELD - CHAPEL

1127 WEST EIGHTH STREET

NEW RICHMOND, WI

THIS EVENT IS OPEN TO THE PUBLIC

For more information, contact our **Bereavement Coordinator, Dorothy Washington, RN, CHPN**
715.629.1906 | d.washington@adorayhomecare.org | adoray.org/services/grief-support/