

Is there such a thing as “Healthy grieving”? If you are grieving the loss of a friend or family member, you are facing many deep emotions. It may be difficult to untangle them all.

A to Z, here are some basic suggestions on ways to face grief from a healthier outlook:

Avoid shame and blame.

Be Real, allow your grief to be recognized by others.

Commit to feel free to grieve in your own unique way.

Deep emotions are normal, just don’t swim in them.

Expect to experience life-lessons through your loss: compassion, appreciation for life.

Follow-through, commit to the journey, long or short.

Go, share the comfort you have received with others who are in need.

Have trust in a divine source; exercise your faith.

Illuminate your path, openly share your questions and feelings with someone you trust.

Joy is the result of working through your grief.

Keep the goal of grieving in the forefront of your mind: wholeness, growth, healing.

Live, **L**earn, **L**ove: learn from the loss, live and reestablish healthy, loving relationships.

More rest, less unnecessary activity is vital while you grieve.

Never, never give up!

Optimism and hope are contagious, so is discouragement.

Patience is required as our emotions are seeking to reorganize themselves,

Quiet the negative thoughts, be mindful and deliberate.

Replace those negative thoughts with positive affirmations.

Speak to a health professional or trusted friend.

Treasure the memory of loved ones; live better because of the time that you spent with them.

Understand that each circumstance is different, each person approaches grief differently.

Vulnerability is a sign of strength not a weakness.

Walk through your journey of grief one step at a time.

Xtra sleep is not a problem, but be mindful to AVOID isolation that may lead to depression.

Y, It’s ok to ask Y?

Zip-a-dee-doo-dah, zip-a-dee-ay; My, oh, my, what a wonderful day. Plenty of sunshine headin’ my way. Zip-a-dee-doo-dah, zip-a-dee-ay! (song by James Baskett)

* Consider visiting www.griefshare.org

(under “find a group” tab, enter zip code/city to discover FREE online or in-person support groups in your area).

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