

## **Will I Ever Get Over This?**

Well-meaning friends and family might tell a grieving person they need to “move on” after a loss. Unfortunately, that type of advice can sometimes make people hesitate to talk about their loss, or make people think they’re grieving wrong or too long, or that they’re not normal. It can help to remember that the grieving process is very personal and individual — there’s no right or wrong way to grieve. We all take our own time to heal.

It’s important for grieving people to not drop out of life, though. If you don’t like the idea of moving on, maybe the idea of “keeping on” seems like a better fit. Sometimes it helps to remind yourself to just keep on doing the best you can for now. If you feel sad, let yourself have your feelings and try not to run away from your emotions. But also keep on doing things you normally would such as being with friends, caring for your pet, working out, or doing your schoolwork.

Going forward and healing from grief doesn’t mean forgetting about the person you lost. Getting back to enjoying your life doesn’t mean you no longer miss the person. And how long it takes until you start to feel better isn’t a measure of how much you loved the person. With time, the loving support of family and friends, and your own positive actions, you can find ways to cope with even the deepest loss.

Source [Teenshealth](#)