

Hints For Mourners

1. Grief needs to be acknowledged and validated.
2. Grief takes more time than most people expect - 3 to 5 years for a major loss such as the death of a loved one or a divorce.
3. Grief needs to be experienced and felt. If we try to push away its messages, it will find another way to get our attention.
4. Grief uses large reserves of energy for a long time.
5. You have more resources than you might think, to help you manage the tasks of grief.
6. Listen to your head, heart and body and claim whatever you need from others.
7. There is always a gift in grief. Each person finds their own gift as they move through the pain. For many people, this means a deeper sense of personal integration and a new sense of the Holy and their relationship with God.