

GRIEF WORK



There are several important things to remember in dealing with your own grief:

- ◆ Grieving is hard work; do not cut the process short.
- ◆ Allow yourself to experience feelings.
- ◆ Have realistic expectations of yourself.
- ◆ Share your feelings with someone you can trust.
- ◆ There will be many suggestions: do what feels “right” for you.
- ◆ Enter into the grief work—go to the places you went together, do the things that are hard to do.
- ◆ A crisis can be overwhelming, if you try to look at all of the aspects at once. Take one hour, one day at a time.
- ◆ If you think a professional could help you now, go ahead and arrange an appointment.