

SHOCK, DISBELIEF, SADNESS, NUMBNESS, CONFUSION

These are words that may describe what you are experiencing with the loss of your loved one. You could still be in disbelief “*this really didn't happen.*” But it did! Give yourself the gift of time to grieve and know each of us grieve in our own way and time.

I was thinking about how the fog formed so suddenly overnight a couple of weeks ago and how we were all confronted having to drive to work in less than desirable conditions. The fog was so thick and intense. It reduced our visibility and could have been dangerous if we did not change our driving to a slower speed. You may be feeling like you are in a fog, lost, in limbo or like it is a dream as a result of this loss.

As each of us has had different experiences with fog based on parts of the country we have lived, each of us has had different experiences with loss. Some have been small and others have been big. Some of you have experienced the loss of a person while others have lost things. Each time you have a loss it triggers all our feelings like sadness, emptiness or despair. It reminds us of our own vulnerability and the permanence of loss. As you look at other losses you've experienced, I would ask you to make a list of seven things you did during those times to get through the pain and start doing them today!

According to David Kessler, co-author with Elisabeth Kubler-Ross of the last book written before her death: “*The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. Not everyone goes through all of them or in a prescribed order. The stages have evolved since their introduction and they have been very misunderstood over the past three decades.*” You can go through these five stages moving back and forth and feeling more than one emotion at the same time with various levels of intensity.

Self-care is very important at this time. I would like to suggest five activities you could do to help yourself through this process. These five activities are:

- talk to people who understand
- write in a journal or diary daily
- do things to honor the person you've lost
- take good physical care of yourself
- do something everyday that will bring you even the simplest of pleasure

As in nature, the fog just begins to clear and in grief your heart starts to heal and you will be whole again one day.

Rita Goldhammer, CPCC,BF, of **Pivotal Crossings** “*Bringing the hope and calm to the chaos of transition and loss.*

www.pivotalcrossings.com.

Phone 763.784.4841

Email ritagoldhammer@comcast.net