

The Grieving Journey

Can you believe it has been a one month since our dear friend died? How are you doing with your grief? The sudden loss of our colleagues, friends, or family members can have different kinds of impacts on us.

Coping with a loss of any kind can be emotionally draining, mentally wearing and physically exhausting. As you go through these feelings remember, it is part of the ongoing journey of healing. Are you still telling your stories about losses? It is important to keep telling your stories until you feel you do not need to tell them any more. When you need support are you asking for help from your friends? Your friends want to be able to be there for you. Don't be afraid to ask for support and tell them what you need. Also, look at ways to give yourself permission to continue to grieve. Some people need time alone, others need to read material on loss and still others need to be kept busy. Grief is very individual. In addition to your friends, there are services available to you like, grief support groups where you can go weekly and talk about your loss, grief counseling to deal with your individual issues or a grief coach who can help you identify ways to assist yourself in moving forward and finding peace.

Don't feel bad if you are still grieving your recent losses. Know that grief does not end but through the healing process, grief will become softer and change. In my training as a bereavement facilitator, I was told the following, "remember you can be happy and sad at the same time". This has helped me personally with all my losses and as I coach individuals through grief. I also hope it will be a benefit to you with your grieving journey.

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