



DEALING WITH GRIEF

Bereavement impacts every facet of our lives. Each person is different, so beware of ready made solutions. The following are suggestions to consider – they may or may not fit your situation.

~ Psychological ~

Everyone needs some help – don't be afraid to accept it. While you may feel pressured to put on a brave front, it is more important to make your needs known by expressing your real feelings to those you trust. Often numbness sees us through the first few days or weeks. Don't be surprised if a letdown comes later. Many people are very emotionally upset during bereavement and are frightened by this. Be aware that severe upset is not unusual and if you are alarmed, seek professional support. Whether you feel you need to be alone or with others – make it known. Needing company is common and does not mean you will always be dependent upon it. There is no set time limit for grieving. It varies from person to person, depending on individual circumstances.

~ Physical ~

It is easy to neglect yourself because you don't much care about anything. You are under great stress and may be more susceptible to disease; if you have symptoms, visit your doctor. Try to eat reasonably even if you do not feel hungry. Although sleep may be disturbed, try to get adequate rest.

~ Social ~

Friends and family are often most available early in bereavement and less so later. Be willing to let them know what you need. While grieving, it can be difficult to judge new relationships. Don't be afraid of them, yet it is usually wise not to rush into them. Someone who is not too close to you but is willing to listen may be particularly helpful.

~ Economic ~

Avoid hasty decisions. Try not to make major life decisions within the first year unless absolutely necessary. In general most people find it best to remain settled in familiar surroundings until they can consider their future calmly. Don't be afraid to seek good advice. Usually it is wise to get more than one opinion before making decisions. Don't make any major financial decisions without talking them over with experts. A job will not fulfill all your needs. Relationships with family and friends are crucial.

~ Spiritual ~

Personal faith is frequently a major source of comfort during bereavement. For some, however, maintaining faith may be difficult during this period of loss. Either reaction may occur, and both are consistent with later spiritual growth.

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