

Advice for the Bereaved

- ▣ Realize and recognize the loss. *(Wow! This is tough stuff!)*
- ▣ Take time for nature's slow, *sometimes stuttering*, process of healing.
- ▣ Give yourself massive doses of restful relaxation and routine busy-ness.
(Nothing wrong with boring!)
- ▣ Know that powerful, overwhelming feelings will lessen with time.
(Churchill's "Never give in. Never. Never. Never. Never...")
- ▣ Be vulnerable, share your pain, and be humble enough to accept support.
(It's your turn.)
- ▣ Surround yourself with life: plants, animals, and friends.
- ▣ Avoid big decisions, rebound relationships and anything addictive.
- ▣ Keep a diary (journal) and record successes, memories, and struggles.
(Little successes are big deals.)
- ▣ Recognize that forgiveness is a vital part of the healing process.
(Forgive ourselves and others.)
- ▣ Know that holidays and anniversaries can bring up the painful feelings you thought you had successfully worked through. *(Oh, please...enough already!)*
- ▣ Realize that new crises may make you feel vulnerable and bring up past losses.
- ▣ *(Family changes, house-yard- car repairs, a simple virus...these can seem huge.)*
- ▣ Prepare for a change: new interests, new friends, solitude, creativity, and growth. *(Yes!)*

From *The Center for Living with Dying*
and from the wisdom of the John A. Gentleman Support Groups

John A. Gentleman Mortuaries