

## Grief Healing Strategies

Grief is a normal process that each person goes through in response to a loss. There are several stages to grief that an individual may go through: shock, flood of emotions (crying, anger, guilt), physical symptoms (loss of appetite, insomnia, fatigue, pains and discomfort), depression, idealization and detachment.



There is a course of action you can take in the healing process:

- ◆ Talking about the loss and the strong emotional reactions with loved ones or a spiritual advisor.
- ◆ Attending a self help group and talking with individuals with similar situations seems to help you understand and begin healing.
- ◆ Consult with an experienced professional in individual therapy or group therapy. This can give you an outside perspective and get you on the right track to begin a healthy

When dealing with the loss of a loved one, one of the more difficult questions is what to do with his/her clothes and personal items?

If you are not quit ready to give away your loved ones clothes but are ready to move forward, you may want to consider choosing some favorite clothes that had special meaning and take them to a person who could make a very special quilt...for you.

If there are several small items (nick knacks, uniform, sports trivia, awards, medals, pictures) you may want to create your own shadow box that is dedicated just to your loved one and the memory of the time you had with them. This also allows you room to clear some areas in your home to give you a fresh start.

Take this time to organize your photos of your loved one and the special times you had in a memory scrapbook. You can be creative and inspired by each picture. A tear drop or two will only add to the meaning of this special photo album.



For more information please contact your Employee Assistance Program at 800-862-3398