

Action Steps After the Death of a Loved One

1. Be Patient

- o I encourage you to take whatever time that it takes to heal emotionally.
- o I encourage you to keep a routine, get lots of rest, and not try to attempt too much but to direct your energies toward healing.

2. Maintain Friendships

- o I encourage you to let others comfort and share in the journey toward healing.
- o I encourage you not to become isolated but rather to seek meaningful connections with others.
- o Make a list of friends to call.
- o Go to griefshare.org to find helpful information regarding support groups and to receive daily emails to help people through grief.

3. Feel the Pain

- o The intensity of the pain is normal and eventually, it will begin to subside. The pain will probably never disappear completely, but it will become bearable. You will eventually move into a “new normal” – a different life without your loved one.
- o Trying to avoid the "terrible pain" only prolongs the grief.
- o Trying to avoid a loss by hiding the feelings will only cause problems in other areas — emotionally, spiritually, or physically. Grief will resurrect itself in the future, in possibly unhealthy ways such as drinking and drugs, if not worked through now.
- o Dealing with loss in a healthy manner can be a major avenue to growth and life-transforming change.
- o Try to move forward by experiencing the grief, while at the same time rejoining the living through acts of giving and receiving.

We are healed of grief only when we express it to the full. —Charles R. Swindoll