



## Grieving

The death of a loved one is life's most painful events, and people's reactions to death remain one of society's least understood and most off-limits topics for discussion. Oftentimes, griever are left totally alone in dealing with their pain, loneliness and isolation.

Grief is a natural emotion that follows death. It hurts. Sadness, denial, guilt, physical discomfort and sleeplessness are some of the symptoms of grief. At times, it seems as if healing will never happen. While some of life's spontaneity begins to return, it never seems to get back to the way it was. We know, however, that these feelings of being incomplete can disappear.

Healing is a process of allowing ourselves to feel, experience, and accept the pain. In other words, we give ourselves permission to heal. Allowing ourselves to accept these feelings is the beginning of that process.

The healing process can take much less time than we have been led to believe, if two elements are there. One is a safe, loving, professionally guided atmosphere in which to express our feelings. The other is knowing how and what to communicate.

We hope we can provide insight and direction in dealing with your grief.