



Remember

The point is not (and never will be) to stop, or "get over", the grief. That's like stopping the ocean. The point is to find ways to swim.

As the months go by and the "to do tasks" are behind you, it is common to wonder what is next. It can be overwhelming thinking: What is important to me now? How will I move forward? Remember the things you have learned so far:



You are not alone. Seek support from people who care about you.



There are many reactions to grief. This is expected. Tend to your physical health. Seek support from family, friends, and your spiritual community.



Time moves forward. The grieving process has its own timeline. Each of us is unique. Go gently and be patient with yourself. Seek help as needed. You're going to grieve your own way, there is no right or wrong way.



The whirling of grief inside us includes a wide range of personal emotions and reactions that continually change. There will be unexpected triggers that bring waves of emotions.



Grief affects all parts of our being. Care for yourself socially, emotionally, spiritually, and physically. Reaching out to others is important for your health and healing.



Integrating loss into our life is challenging and requires time and self-compassion. Acknowledge your pain. Reconnecting, trusting, and being open can help you begin to heal.



Others may expect us to "recover", but waves of grief continue to wash over us, particularly when we least expect it. Use the strategies you have found work for you.



When you are ready, talk about the future and life after loss. Take time to notice small signs of healing in your daily life. Become aware of the things that are helping you and do more of them.

"Grief is in two parts. The first is loss. The second is the remaking of life." — Anne Roiphe



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