

## **GRIEF, GROWTH, and HEALING**

Time alone will not heal grief. YOU HAVE TO DEAL WITH IT, to work through it.

In the process, you can actually transmit grief into PERSONAL GROWTH.

You can become something more than you were.

### **HEALING THROUGH GRIEF- Getting Through It!**

#### **1. TAKE CARE OF YOURSELF:**

Bereavement can be a threat to your health. Sometimes you will feel you do not care; don't feel like anything is important to you, or no one cares what happens to you. YOU ARE IMPORTANT, and YOUR LIFE IS VALUABLE, take care of it.

#### **2. TALK ABOUT THE GRIEF:**

Share your grief within the family. Do not try to protect them by silence. Find a friend to talk to, someone who will listen without passing judgment. If possible, find someone who has experienced similar sorrow. **FIND SOMEONE WHO IS SUPPORTIVE.**

#### **3. EAT WELL:**

When in time of emotional and physical depletion, your body needs good nourishment more than ever. Invite a friend to eat with and take care by eating good nutritious meats even if you do not feel like eating. **BE GOOD TO YOURSELF.**

#### **4. RECORD YOUR THOUGHTS, IN A JOURNAL:**

One of the ways to work at healing is to record your thoughts and feelings, whether you are sad, mad, glad or scared. This way you can see your own progress in growth and healing.

#### **5. POSTPONE MAJOR DECISIONS:**

It is important to wait before you make any kind of major decisions or changes especially in time of grief.

EXAMPLE: Selling a house to move or change jobs.

## **6. CRY:**

TAKE TIME TO CRY, privately, with God, with another person. It is important to let yourself be held — Witness to your pain and validate your feelings.

TEARS cleanse us and help us to heal. Do not try to be STRONG and BRAVE when you are not. It is important that men cry too, this does not one is weak if they can cry.

## **7. DRAW ON OTHER HUMAN RESOURCES:**

Ministers, counselors, the elders, a trained counselor, or anyone having had a similar experience of sorrow will help to resolve the anger, guilt, and the feeling of despair that keeps you from functioning.

## **8. TURN GRIEF INTO CREATIVE ENERGY:**

Find a way to help others. Listen to someone else's load and help them to unload and this will surely help you to lighten your load. If you have writing ability, use it to record your thoughts and feelings. Read a good book and understand the process of grief.

## **9. DEVELOP A NEW APPRECIATION OF LIFE:**

Take care of yourself and others. Go visit with relations, throw a small feast, go out to the nature and become part of it, spend time with your elders for stories, advise or some wisdom — they are willing to share with you.

## **10. AFFIRM YOURSELF:**

Create a loving — self-place for you, go to mini-retreats, supportive circles of friends, personal growth gatherings, seek healthy friendships and share as need arises. Do some soul searching and get in touch with God's guidance and touch. Buy something special for yourself and most of all get a healthy relationship with the inner child within.

LEARN TO LAUGH and GET YOUR HUMOR back, it is the best healer.

## **11. REST:**

Rest, rest, rest

## **12. USE OUTSIDE STIMULANTS:**

See attached list of activities.

### LIST OF ACTIVITIES

Fishing/ Cut fish/ Ice fishing

Hunting/ Trapping/ Skin animals

Chop wood

Hauling wood or ice

Sewing/ Knitting / Artwork

Beadwork/ crafts

Cooking/ Baking

House chores

Visiting non-drinking friends

Bingo/ Puzzles

Picnicking/ Camping

Berry picking

Play basketball

Snow machine ride

Take walks

Take boat rides

Play cards/ games

Fix an engine

Attend a community meeting

Read a book

Ice skate/ Swim

Steam bath

Church/ Singing

Storytelling and more.