

Processing Grief as a Service Provider

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What is Grief?



There are also many forms of grief. Some of those are, of course, the loss of a loved one. Another is grief over the loss of a beloved pet and the loss of a job, family and home.

When we lose someone, we go through a dark time and tend to sometimes get lost in our grief. We want to retreat and not be bothered by anyone or anything. We want to hide and bury our pain in our loss. There is nothing wrong with doing that, but we also need to realize that we need to be healthy physically, mentally and spiritually.

A lot of people associate grief and mourning as being the same thing. In my opinion, there is a difference. Mourning is an outward sign when losing someone by wearing all black and an outward sign of sadness. Grief is handled in many ways and is not always shown visibly. Many people feel that we can't show our feelings or talk about our feelings and that we must return to a sense of "normalcy" in each amount of time. This is not true. To be able to continue with life, we must talk about it. By talking about our feelings over the loss of our loved one, we can begin to have a sense of peace come over us. Our grief is unique to each of us.



**KEEP
CALM
IT IS
OK TO
GRIEVE**

IS IT OKAY TO GRIEVE &
WHY SHOULD WE GRIEVE?

Grieving is a totally natural emotion when you lose a loved one. You are not alone in feeling that you are alone in your grief and that it is wrong to grieve. No one is exempt from that grief.

Did you ever stop to think about the one that died for our sins, Jesus Christ? Even Jesus was not exempt from grief and grieving. He grieved over the loss of his friend Lazarus. In John 11, Jesus is overcome by grief with the death of Lazarus. In John 11:35, very simply, it says, "Jesus Wept". This goes to show that it is ok to grieve and to cry. Jesus also grieved when his cousin John the Baptist was beheaded.

Grief is a natural response to loss. Crying is a natural response to grief. Don't be afraid to grieve and it really is okay not to be okay. Whenever people would ask me how I am doing, my responses would be different. One day, I might be okay, another day, "I don't know how I am feeling today!" You don't have to always be okay just because that is what I expected of you. The grief that you are going through is because of the love that you have for your loved one.



HOW DO WE MOVE THROUGH GRIEF?

Do you ever feel like you can't make it through life, now that your loved one is gone? Do you ever have anxiety attacks that it feels like you can't go on? During my journey of grief, through the years, I felt like that. I learned in GriefShare and by my mentor in grief that when I feel that way, I need to sit back, block everything that is going on around me and just **BREATHE!** I know that it may sound crazy to some of you, but I can assure you from personal experience that it works. When I **BREATHE**, I focus on my relationship with God and how it has only been by His Grace and by my faith, that I have made it this far. I have not done it alone and it is up to you as to what works best for you.

To live through grief, there are some things that you can do to move out of the darkness:

ACKNOWLEDGE the loss and especially the emotions that you feel due to that loss. Allow yourself to grieve. If you do not allow yourself to grieve, it can be very unhealthy for you. Not only for your health, but for your spiritual life as well.

ACCEPT that your loved one has moved on and is not here in person. It does not mean that you will forget them, it only means that you are able to move forward in life and to live for today.

TAKE ACTION for your life and do the grief work. Breathe when you must.

FREE YOURSELF FROM GUILT. So often, we feel guilty that our loved ones have left us. Especially in the event of suicide do we feel that way. We think that if only I had been there, I could have done something about it. We must realize that there is nothing that we can do about it. I personally went through that when my partner of 14.5 years decided to take his life in January of 2018. I then turned further into my faith and when I did, I have relied totally on Him to bring me through it.

ALLOW YOURSELF TO GRIEVE. This is one of the most important steps that you must take. If you don't allow yourself to take the time to grieve, you will never be able to move forward in life. It will eat at you and to a degree will also cripple you. Do not be afraid to let people know how you feel and that you need to take the time (your time) to grieve in the way that is best for you.

TALK ABOUT THEM. It helps to talk about them when you have a chance to. Some people may get tired of it, but don't stop.

SEEK OUT A COUNSELOR OR A CERTIFIED GRIEF COACH. I sought out GriefShare which is a phenomenal group and learned a lot about me and how I can move forward in life and how to Live for Today. As I did that, I discovered that God was calling me into the ministry of working with people through their grief and so I sought out becoming a Certified Grief Coach in which I have done. Do not be afraid to find someone to talk to.

TAKE CARE OF YOURSELF. To move through your grief, you must take care of yourself. You do this by eating right, exercising and getting plenty of rest.

EXPERIENCE THE PAIN. Allow yourself to experience what you are going through. Allow your emotions to show through. This is the hardest thing to do in that we don't want others to know how we feel. By doing this in a healthy way is at the core of grief.

ADJUST TO THE ENVIRONMENT THAT YOUR PERSON IS MISSING. This comes from accepting the reality that they are gone and that life as we know it will never be the same. As we do this, we will be able to allow ourselves to adjust to it and then as we do, we are able to learn to let go (but not forgetting) and being able to move on with life at the point that we are ready to move on.

Patti Davis writes, “It takes strength to make your way through grief, to grab hold of life and let it pull you forward.” Take the time to grieve so that you can gain the strength to work through your grief and as you do, you will be able to grab hold of life and as you do, it will pull you forward to be able to let your light shine on.

YOU CAN FIND MY BOOK,
“LIVING LIFE FOR TODAY: HOW TO MOVE GRIEF FROM DARKNESS TO
LIGHT” ON AMAZON!

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