

When Grief Resurfaces



Grieving is a process that takes time. You will never stop missing the absence of your significant person. The pain will slowly, gradually, decrease if you allow yourself to grieve and express your feelings.

Daily life contains many hidden pitfalls when you have experienced the death of a family member. New acquaintances ask about your family, other kids complain about their parents, you face major milestones in your life and miss the presence of your loved one. Each year brings celebrations and family occasions such as birthdays, anniversary dates and holidays.

As a child you deal with grief in bits and pieces while you grow. Be aware that it is not unusual for grief to resurface, or even to surface for the first time, years after the death. With each new developmental stage your understanding of life, death and grief will deepen as you mature bringing new meaning to relationships both present and past. At milestone moments in life such as starting high school, dating, graduation, marriage or a first child your grief may resurface with the same intensity as when the death occurred.

When grief resurfaces years later it may be difficult to share it with others because it seems they won't understand. They thought you were OK, and "beyond" you may even think these thoughts yourself. No you are not going crazy this is a normal and natural experience for many people who have lost a loved one. Even though others may tell you how you should feel, they can't possibly know what you are experiencing.

Remember There Is No Time Limit On Grief



It is not something to be measured in hours, months or years. Grief is a natural reaction to your loss and your ever changing life. It is an experience you may have at different times throughout your life. Some people call it a journey the more you can understand, prepare for and take care of your grief the better you will make it through. There is no right or wrong way, just your way. Do what feels right for you, go at your own pace remember it's your grief, your experience, your journey, your life.

There are some things you can do. They are not too different from what's needed immediately after a loss. You just need to give yourself permission to enter the process.

- Voice your thoughts and feelings.
- Be who you are, grieve in your own way and don't be measured by another's standards.
- Be comforted by family and friends, even when they do not understand you're grief.
- Create a space to express your grief. Use different mediums like drawing, painting, writing, memory books, journaling, online blogs, hands on activities like cooking, building, sewing, physical activity and outdoor activities.
- Seek out support from people who understand what your experiencing, a grief counselor or support group. Guidance from a grief counselor, or a group of fellow mourners who understand, can be just what you need to get through a rough patch. Sometimes anger, guilt and regret surface because they, along with other feelings, were delayed. Know that these feelings are natural, even at a late stage.
- Share your personal journey with others—not only to receive comfort but to give comfort to others who are experiencing a loss
- Find resources such as books, articles or websites
- Embrace your grief, carry it, allow it to be a part of who you are that takes you to a deeper awareness, understanding and level of compassion.
- Be startled when you grieve laugh and feel joy at the same time because this is what healing is.