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**The Grieving Process**

Grieving is a highly individual experience; there’s no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, spirituality, and how significant the loss was to you.

The grieving process takes time. Healing happens gradually; **there is no “normal” timetable for grieving**. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it’s important to be patient with yourself and allow the process to naturally unfold.

Grieving is something that everyone eventually faces in their lives. In that regard, it is normal to go through this. There are ways to help cope with the pain, come to terms with your grief, and eventually find a way to feel okay with your life. Here are some steps to help grieve:

1. Always remember that grief is a roller coaster. What this means is that you can have good days and bad days. If you feel happy one minute, and then really sad the next, this is normal.
2. First set up a plan to help with coping skills. This is a preventative measure to make sure you have tools to help when moments are hard. You will use these on an ongoing basis, and it’s okay if the coping skills change. What matters most is you know how to cope.
3. The only way to work through grief is to allow yourself to feel it. This means going through the details of what happened, how the loss impacted you, and how emotions continue to feel. Be careful not to feel too much at one time. The goal is smaller steps so that it feels manageable.
4. If you can, try to identify if there are any feelings of guilt. This is often where people get stuck with feelings of grief. It helps to logically look at a situation to take away thoughts of letting someone down or being responsible.
5. It helps to find something to remember your loved one. This can be a ritual or routine to keep them with you, holding onto a keepsake, or celebrating them in your life. If we remember loved ones it prevents the fear of them being forgotten.
6. Finding resolve for grief isn’t about not feeling pain. Grief will always be hard, but it does get easier. Resolve is generally found when you feel like you can talk through it without it feeling too overwhelming. Resolve also is knowing that you keep loved ones with you and can move on into areas of your life.