

Myths and Facts about Grieving

Myth: The pain will go away faster if you ignore it.

Fact: Trying to ignore your feelings will only make the pain worse in the long run. To really heal it is important to feel your feelings.

Myth: It is important to “be strong” when you have a loss.

Fact: Feeling sad, frightened or lonely is a natural reaction to loss. Crying doesn't mean you are weak. Showing your true feelings can help you and your family and friends.

Myth: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a natural response to sadness, but it's not the only one. People who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

Myth: Grief should last about a year.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

Myth: Friends can help by not bringing up the subject.

Fact: People who are grieving usually want and need to talk about their loss. Bringing up the subject can make it easier to talk about.

Coping with Grief

- Allow yourself to feel and express your feelings.
- Be around people who are supportive.
- Draw comfort from your faith.
- Take care of your physical health.
- Get plenty of rest.
- Find things to do that make you happy.
- Write your feelings down in a journal.
- Join a support group.
- Read books on self-help or coping.
- Be gentle to yourself.
- Talk to a counselor or grief therapist.



Support for Grief

GriefNet.org – Offers over 50 online support groups.

www.compassionatefriends.org – Help for parents when a child dies.

www.hellogrief.org/resources/indiana/ – Indiana-based support groups.

Source:

www.hospicefoundation.org