

Four Tasks of Mourning (Worden)

1. Accept the reality of the loss
2. Work through/experience the pain of grief
3. Adjust to life without your loved one by learning new skills or taking on new roles
4. Move on by reinvesting emotional energy in other individuals or activities

Eight Helpful Hints

1. Be patient with yourself.
2. Accept your emotions.
3. Express your feelings.
4. Don't expect miracles overnight.
5. Don't withdraw into isolation—keep in touch with friends and family.
6. If you have children, bring them into the grieving process.
7. Counseling may be very beneficial and is not a sign of failure or weakness.
8. Someday in the future you will look back and realize that you made it beyond the mourning and you are stronger for it.

Four Key Facts About Grief

1. The way out of grief is through it.
(Because there is no way around it.)
2. The very worst kind of grief is yours.
(So never apologize for grieving.)
3. Grief is hard work. (The harder you try to avoid it, the more difficult it becomes.)
4. Effective grief work is not done alone.
(You need to talk about your experiences and your feelings.)

(Four Key Facts About Grief) Bob Deits, Life after Loss: A Personal Guide Dealing with Death, Divorce, Job Change and Relocation, Fisher Books, 2000

About “Beyond Mourning”

Beyond Mourning is a grief support group for those dealing with the death of a loved one. It is open and inclusive no matter your beliefs, worldview, or religion. Our purpose is to provide a firm foundation of practical wisdom and emotional support to you during this difficult time in your life.

YOU DON'T HAVE TO GO THROUGH IT ALONE!

What is Beyond Mourning?

A short-term (eight sessions) weekly lay-led peer support group which combines grief education and peer support into each session. There is no cost but the group is limited to 12 participants so you must register to attend.

What are Beyond Mourning's goals?

To provide the tools grieving people need to navigate their own unique grief experience through education and peer support.

What you'll find at a Beyond Mourning group?

- » Empathy and Comfort
- » Support and Acceptance
- » Grief and Coping Skills Education

How do I find a Beyond Mourning Group?

Go to <http://hilandchurch.org/ministries/beyond-mourning-grief-support/> or call 412-364-9000 for information on the Beyond Mourning program or to find out when the next Beyond Mourning group will be meeting.

Beyond Mourning

First Aid for Grief

Help! Someone
I Love Died.

About Grief

- ▶▶ Grief is a normal and healthy reaction to the death of someone close to you. It is possible to delay or postpone grief, but it is not possible to bypass it altogether or rush through it.
- ▶▶ Grief is not a step-by-step orderly process. Grief is unpredictable—one moment you're laughing, the next you're crying for no apparent reason. You can't plan your grief and it will not adhere to any set agenda or timetable.
- ▶▶ At one time, grief was thought to be experienced in linear stages—denial, anger, bargaining, depression and acceptance—painful at first and progressively getting better over time. However now we know that grief is a chaotic, cyclical process with good and bad days where these feelings come in both expected and unexpected waves in varying degrees of intensity.
- ▶▶ Grief is expressed physically, emotionally, socially, and spiritually. This can include, but not be restricted to, headaches, loss of appetite, difficulty sleeping, and other aches and pains; feelings of sadness, yearning, worry, anxiety, frustration, anger and guilt; feeling detached from others, isolating yourself from social contact, and behaving in ways that are abnormal for you; questioning the reason for your loss, the purpose of pain and suffering, the purpose of life and the meaning of death.

**Death leaves a heartache
no one can heal, love
leaves a memory
one can steal.**

—from a headstone in Ireland

Unhealthy Grief

**Seek professional help if after
six months you continue to...**

- Have trouble carrying out normal routines
- Withdraw from social activities
- Experience frequent feelings of intense loneliness, emptiness or emotional numbness
- Experience symptoms of the same illness as the deceased person
- Have thoughts of guilt or self-blame
- Believe that you did something wrong or could have prevented the death
- Have persistent intense yearning or longing for the deceased
- Have lost your sense of purpose in life
- Feel life isn't worth living without your loved one
- Wish you had died along with your loved one

Tips for Getting through the Holidays/Special Days

- ▶▶ On holidays/special days, buy your loved one a gift and donate it to an agency, hospital, nursing home or donate the money you would have spent on a gift for your loved one in honor of them to a favorite charity or cause.
- ▶▶ Organize a drive (food, toys, etc.) in your loved one's name.
- ▶▶ Take flowers to the grave site, memorial site, or other place where you go to remember your loved one.
- ▶▶ Volunteer with a charity or cause close to your loved one's heart.
- ▶▶ Allow yourself to be sad if you feel sad.
- ▶▶ Remind yourself that you won't always feel this way. The heaviness of your heart will eventually lift and you will once again enjoy the holidays/special days.

**Grief is not a disorder,
a disease or a sign of
weakness. It is an emotional,
physical and spiritual
necessity, the price you pay
for love. The only cure for
grief is to grieve.**

—Earl Grollman