



## Steps From Heartache to Healing

Be gentle with yourself and know that grief can affect you mentally, spiritually and physically in ways that may surprise you.

Broken hearts will mend, in time and if you let God, family and friends comfort and guide you to better days. Healing takes time and there is no one size fits all way to healing.

Express the hurt and pain. You might think it's better to hide it or avoid it by staying busy and distracted but eventually those emotions will come out and demand you to pay attention.

Know that it is not only OK to cry but you should because the tears you shed express the love for the one you lost, eventually you will wash away some of the sadness and pain.

When someone asks if they can help, say YES. Saying yes will help your immediate needs. Know that your friends and family want to help, they don't often know how unless you say yes.

Don't push people away, let them cry with you, and offer comfort. In time this will help the healing process.

Give yourself time to walk through the grieving process and know there is not one certain way to grieve; everyone is different just like the snowflakes falling from the sky.

Grieving is a place no one else knows until they are there, so give yourself permission to take your time.

Expect different stages in your grief, you may feel mad, sad, numb, anger, fear, regret and eventually acceptance and hope.

Know that your loss is not a punishment from God or any spiritual test. Death is part of life and God shares the pain and hurt you feel. Often your spiritual faith will lead you to better days.

### **GRIEF GROUPS:**

- > Check with your local church as many church's offer grief support groups
- > Check with local hospitals, they too offer grief support groups and workshops
- > Look for ads in your community newspapers for grief support groups in your area
- > Funeral homes often times have referrals to grief support groups
- > Mental health practitioner's in private practice offer private counseling

Check the **Classes** tab and the **Resources** tab on the Heartache To Healing website for more help.  
[www.heartachetohealing.com/blog](http://www.heartachetohealing.com/blog)