



SEVEN TIPS TO HELP YOU
THROUGH THE GRIEVING
PROCESS.



Forever Healed
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HERE ARE A FEW TIPS TO HELP YOU THROUGH THE GRIEVING PROCESS.



Be patient with yourself as you are going through the grieving process, your emotions may vary from day to day. It's okay, embrace your unique way of processing your emotions.



Learn to sit in the discomfort of your pain while processing your grief. Well intentioned family and/or friends may advise you to “get over it” or “keep busy”. Because we were not taught how to deal with painful or hurtful emotions as children, we tend to live in a society where we are conditioned to quickly move beyond our pain. We just want it to be over. However, truth be told, it is normal to feel off-centered for a while during the grieving process.



3 Find a trusted advisor to share your feelings with in a safe, judgment free zone.

4 Rest-while grieving you may feel physically and emotionally exhausted. You will need more rest than usual.

5 Keep structure in your day by getting dressed, groomed, and eating regularly even if you don't feel like it.

6 Talk to your physician or a mental health professional about your grief to help with healthy coping skills during the process.

7 Take care of your inner needs. Connect to those things that give you inspiration and sense of purpose.



IF YOU ARE FEELING
OVERWHELMED BY A LOSS IN LIFE
AND ARE SEEKING INSTRUCTIONS
ON HOW TO GET THROUGH THE
EMOTIONAL PROCESS...
WE CAN HELP.

Forever Healed, Inc. is a non-profit organization providing Grief Awareness seminars, workshops and lunch & learns to educate on the concept of grief/grieving, the most misunderstood and neglected emotional process a person can experience during their life.

Visit our website at www.foreverhealed.com OR call us at 804-684-1113

