

# Simple Grief Solutions

- Laughter is good medicine
- Healthy food is healing
- Exercise is fun
- Massage, manicure and hairdo's
- Nature is good for the soul
- Connect with others
- Tell your story
- Journal or work on a craft project
- Memorialize someone or something
- Bargain shopping takes your mind off things, empowers you and makes you feel good
- Getting rid of clutter and donating or giving away things makes you feel good, too!

## When More Support is Needed . . .

- Grief Programs & Workshops
- Monthly Movie Matinees
- Widows and Widowers Social Support
- Memorials and Recognition
- Educational Resources



8471 W. Periwinkle Lane  
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**Friends Grief Services** is a charitable 501(c)3 organization, incorporated in 1983, to provide community grief support and education to families who have experienced a loss.

Adults, children and families improve the quality of their lives overcoming loneliness, strengthening their ability to cope and re-socialize in a safe environment.

**The Wings Center** is home to grief support groups, workshops, wellness and social programs, movies, social support activities, educational programs and volunteer events. "No Cost" Programs and Services are supported by merchandise/ vehicle donations, Thrift Shoppe sales, general donations, partnership donations (up to \$250) and Sponsorships (\$250+).

Volunteers donate their time as Group Facilitators, Camp Assistants, Office Support, Board of Directors, Advisory Board, Fundraising and Thrift Shoppe Operations

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Friends of Citrus and the Nature Coast, Inc. Registration No.  
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A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.

# Steps to Survival in Grief

*Grief is the normal and natural response to losing someone or something. Each person's Grief Journey is different; yet there are some common concerns, pitfalls and approaches that all should recognize and consider.*

There is no universal roadmap for everyone's Grief Journey. Each of us must feel our way through the twists and turns of how we respond to and are affected by our own personal grief.

It helps to be aware of some truisms about grief that apply to all of us so that we can feel empowered to express our grief, recognize flags that signal when caution is needed, and understand that we all have a right to need comfort and the freedom to look for and accept it.



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## Begin to Deal with the Sadness

- It's Okay to be Depressed:**  
Depression is normal after loss. Talking about your feelings with someone you trust can help.
- It's Okay to feel Anger:**  
Some get angry after loss. Channel it wisely, and it will go away as you heal. Hit a pillow. Yell and scream when you're alone. Hit a punching bag; play the piano.
- Recognize The Loss:** For a while, you are numb. It has happened – try not to avoid it.
- Be with the Pain:** You're hurting. Admit it. To feel pain after loss is normal – it will pass soon. Postponed grief can return later to haunt you.
- Let Yourself Heal Completely:**  
Give yourself time. The greater the loss, the more time it will take. Don't jump into new things too quickly.
- Set Your Intention to Heal:** Believe that you WILL HEAL, and you will.

## Consider Potential Pitfalls

- Keep Decision-Making to a Minimum:**  
Expect your judgment to be clouded for a while. You are going through change; don't add additional ones.
- Suicidal Thoughts:**  
These may arise – they are a symptom of pain. If you feel they are getting out of control, SEEK HELP AT ONCE.
- Beware of Addictive Activities:**  
Alcohol, drugs, food diversions can all momentarily help us escape from pain but NEVER help us to heal.
- Beware of the Rebound:**  
There is a HOLE. Be careful about rushing to fill it.
- You're Vulnerable:**  
Your resistance will be low – invite help from only those who are trustworthy.

## Be Encouraged

- You are not Alone:**  
Loss is part of life – EVERYBODY experiences it.
- You're a Beautiful Worthwhile Person:**  
You are much more than the emotional wound you are presently feeling.
- Celebrate Your Survival:**  
You're a richer, deeper, wiser person. Affirm your progress.
- Tomorrow Will Come:**  
Your life has been full of positive experiences – THEY WILL RETURN.

## Be Realistic In Your Expectations . . . and Be Hopeful

- Healing Has its Ups and Downs:** Healing and growth is not a smooth upward progression, but full of ups and downs – dramatic leaps and depressing backslides.
- Alone Does Not Mean Lonely:**  
Solitude can be creative, restful, even fun. You can learn to enjoy it.
- Set a Time Limit on Mourning:**  
Remaining distraught for a long time is no proof that you really loved. Real love is LIFE SUPPORTING.
- Begin to Look to the Future:**  
Begin to experiment with new lifestyles – new ways of filling the day. They might even turn out to be fun.
- Enjoy Your Freedom:**  
You are now in control. Make the most of your choices – you can even learn to take risks.
- Expect to Revisit Your Loss from Time to Time:** There will always be things that trigger your sadness.

## Take Care of Yourself

- Take Good Care of You:**  
Get plenty of rest. Stick to a schedule. Plan your days. Activity will give you a sense of order.
- Seek Comfort:**  
Accept support from others – SEEK IT. It's human and courageous.
- Surround Yourself With Living Things:**  
A new plant – bowl of fresh fruit – fresh flowers.
- Reaffirm Your Beliefs:**  
Use your faith right now - explore it, lean on it. GROW.
- Be Gentle With Yourself:**  
You have suffered a disabling emotional wound – treat yourself with care.
- Keep a Journal:**  
Putting your thoughts and feelings on paper is a good way to get them out. You can also look back and see just how far you have come.
- Mementos:**  
If these are helpful to you, use them; BUT, if they bind you to a dead past, get rid of them. Before you say HELLO, you must say GOODBYE.
- Nutrition:**  
Try to eat something nourishing every day. Good eating habits help the healing process.
- Heal at Your Own Pace:**  
Never compare yourself to another grieving person. Each of us has his/her own clock.
- Be Open:**  
Give yourself opportunities to meet new people, go to new places and have new experiences. Small changes are best at first.
- You Will Grow:**  
As you work through your grief, you will learn that you CAN SURVIVE. The pain eventually lessens – healing does occur. You may begin to understand that change and separation are a natural part of living. You are a better person for having loved.