

Dealing with the pain of Loss and Grief



Many kinds of changes that ebb and flow through your life, both positive and negative, can create a sense of loss. When you face a loss, waves of feeling, called **grief**, act as your natural “healing” response. You can cope with loss by recognizing it, understanding the waves of grief, and getting support during the grieving process, knowing that grief does eventually subside.

After a loss, you may experience a variety of difficult feelings, making grief seem almost overwhelming at times. Struggling against the wave of grief is natural. You may be tempted to suppress or mask the pain of grief, but pretending that you don't care about your loss or that it never happened only prolongs the time it takes to resolve it.

The grief process follows a natural course that builds and, ultimately, recedes. But waves of grief, with emotional, physical, and mental undercurrents, can wash over you for some time.

Normal physical reactions to grief can include *insomnia or needing more sleep than usual, loss of appetite, chest or throat tightness, weakness, lack of energy, and breathlessness or sighing.*

Mentally, you may feel fearful, preoccupied (especially about the loss), anxious, confused, foggy, or forgetful. Long after, you may still find it hard to concentrate fully. If such symptoms don't subside after a time, you may want to seek professional consultation or assistance.

Telling others how you feel helps you to recognize and accept your loss. Others who have weathered grief can reassure you that you're not alone. Choose as listeners people you trust or who have supported you in the past.

You can **help yourself** in a number of ways while you grieve. Because grief can be exhausting, taking care of yourself is important.

Pay special attention to your need for rest and nourishment while you're grieving. Some people find that gentle exercise also helps relieve the pent-up feelings and stress of grief. Put unrelated stressful decisions on hold, at least initially, and don't force yourself to do things that feel uncomfortable.

Set small goals that you can realistically achieve. Allow yourself time alone or with others as you need it.

The Best Kind of Sympathy Cards

Let the bereaved family know that although you can not feel the pain they are feeling, you are thinking about them.

In a handwritten note, include a special experience you had with the deceased person, or mention special feelings you had about him or her.

Contact ACI Specialty Benefits toll-free at
855-RSL-HELP
(855-775-4357)
rsli@acieap.com

Powered by

