Prescription for
When you're grieving

NAME _____ DATE _____

ADDRESS _____

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The remedy

Grief is the intense sadness associated with the loss of something dear—the death of a loved one, the failure of a relationship, the collapse of a career, the unexpected onset of an illness. Grief is the natural reaction of the mind to a shock. Grief can be remedied by allowing the process to happen, not judging it, and by accepting it as something very real and valuable.

1. Create the space in your life to grieve properly. Staying busy and filling your time is not a healthy way to move through a major loss even though it feels easier.

2. Remember that there is no particular time frame in which you should be done grieving. While you may learn about stages of grief, trust your own process as being just right for you.

3. While it can take a while to heal from loss, time itself doesn't heal. You need to take some action whether it's seeking a support group, working with a professional or writing a letter to who or what you're grieving.

4. Don't expect other people to understand your loss, and do expect to hear some unhelpful advice along the way.

5. Loss comes in many forms even though we focus most on death. There's a myriad of life experiences that can put us in a state of mourning so name it for yourself even if society doesn't support it.

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