



PEOPLE THINK I SHOULD BE GRIEVING FASTER THAN I AM.

There is not an instruction book that tells us how to grieve correctly. That is because there is no specific, correct way to grieve. Usually, it is something we learn how to do on the spot through our own grief experiences. And many times there are people around us who share their experiences with grief with us.

- Everybody grieves differently. Some view their grief to be a very private thing while others are okay with sharing their grief with the public at large. You know yourself. Listen to what you know you need.
- How do you know if you are beginning to work through your grief?
- The intensity and frequency of emotion tends to lessen as time goes on. There will still be moments when that intense feeling is present, but for the most part you will see a gradual decline in the intensity.
- You are able to talk about your loved one to others. The memories start to bring you joy rather than feelings of sadness.
- Your eating, sleeping and exercising patterns return to what they were before the loss.
- You can accept things as they are and not keep trying to return things to what they were and you establish new routines that don't include your loved one.
- You are able to find things you are thankful for and focus on what is going well in your life.
- You look forward to getting up in the morning.
- You are able to find pockets of enjoyment in your day and realize you are feeling less guilty for laughing and enjoying yourself.

Call **(800) 801-4182** or **(402) 354-8000** to schedule a confidential appointment. You can also access our website at www.BestCareEAP.org.

*From Aug/2021 to July/2022, Best Care will be featuring a series of monthly articles on grief, written by Amy Monzingo, MS, LMHP, a licensed counselor with Best Care EAP.

