

Building a New Life



*Even the saddest things can become,
once we have made peace with them,
a source of wisdom and strength for
the journey that still lies ahead.*

- Frederick Buechner

The seasons have changed since the loss of your loved one. Just as the darkness of night turns into light of the day, life invites you to continue. As you may have noticed grief and loss is a process. The feelings you were having at the beginning of your loss may be different now. People grieve in their own unique way.

There are different elements of grief; however there is no set timetable. Sometimes it's helpful to look back over the months and reflect on the changes. Remember the first time you faced doing something without your loved one? There still may be times when the wave of grief can take you by surprise. This is normal.

It's important to continue to take care of yourself through the grief process. Allow yourself to reach out and ask for help when you need it. Grief is not something to go through alone. Family, friends, spiritual community, counseling and Bereavement support groups are beneficial ways of getting support.