

Coping with Grief...



When you're grieving, it's normal to

- Search for answers (Why did this happen? Why now? Why them?)
- Want to talk about your grief
- Not want to talk about your feelings
- Feel drained or pushed to the limit
- Seek peace through rituals or routines
- Feel angry, confused, guilty, relieved, and all of the above
- Not grieve the same way as everyone else

It doesn't diminish our worth to

- Put ourselves first
- Have our own beliefs and opinions
- Ask for help
- Disappoint others
- Ask for something we need
- Have feelings that differ from others
- Disagree with criticism
- Choose not to respond
- Not take responsibility for others
- Say no

Laughter and grief

- Laughing might feel weird or inappropriate when we're grieving
- It might feel like it's too soon
- It might feel like a betrayal when we forget to be sad for a few moments
- We may even feel guilty for letting in joy

Laughter helps by

- Boosting endorphins that make us feel good
- Reducing anxiety and depression
- Allowing us to connect with others
- Alleviating pain through the body's natural defense system
- Releasing chemical messengers that help us fight stress, illness, and infection
- Engaging muscles and organs that help us breathe and feel strong

Take good care of yourself and reach out for help when you need it