

Tapping Your Own Resources (Talk)

Grief is painful, but if your willing to: --take the risk of sharing grief

- allowing pain to surface & be worked through
- you can change into better person
- live productively again
- be happy again.

- you can cope
- you can reinvest your life.

to survive

- you have outside and inside resources to survive to a productive and meaningful life.
- Pay attention to what you are experiencing, thinking & imagining. Our Bodies Can Heal!
- Help it by:
 - rest laugh
 - relaxation cry
 - sleep think
 - exercise no unreal expectations

Respect Your Limitations

- Don't isolate
- Pick helpful friends relatives
- Believe they can help you if you let them. (DEPRIVE?)
- Share with others (HARD FOR SOME OF US)

Remember: "You can't do it alone, but you alone can do it !"

- Use your faith
- Question
- Seek truth (Deep faith found this way—myself)

Jesus wept

- Angry
- Grieve with hope

There must be a Holy week before Easter Sunday.

- No timetable for emotions
- Grief is slow & gradual. (we don't see our prog.)
- Do things in little chunks
- Stay in today

The idea of "time out"

- Take time for recreation
- To be alone
- To think
- Time for “me” (To recharge batteries)
- Take productive pleasure
exercise, dance, walk, yard work

- Eat well (Why am I eating?)
- Avoid Drugs & Alcohol
- Learn to Relax
sigh, yawn, laugh

- Music

- Writing

- Pictures
- Time to play
- Keep a balance in your life (FORCE YOURSELF)

- Trust yourself to give to others
- Listen to others
- give time, energy, money (especially bereaved parents)
- Reach out
- Smile, hug, squeeze hand

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