

MY LIFE WITH HIM AND THEM

SPEAK WITH A CAMERA, HONOR WITH WORDS, AND LOVE THROUGH SERVICE.

DEALING WITH GRIEF

1. Take as much time as you need.

Only you know how you feel and when it is the right time to go back to work or school. Keep in mind that there are attendance policies, however, you are not going to be any good at work if you cannot function. If you allow yourself to be forced back before you are ready, then you could started to feel resentment and hatred to your school, teachers, or employer.

2. Do something different.

For me, taking road trips are a way of dealing with the pain caused by grief. If a cross-country adventure isn't in the cards right now, just do something different. Wake up an hour earlier, try yoga classes, cook a new recipe you've been meaning to try.

3. Volunteer.

Nothing makes me feel better than knowing I am having an impact on the lives of others. Even if it's only for a couple of hours a month, pick a cause and stand by it. Canned food drives, helping at a local food pantry, and holiday outreach projects are a few easy ways you can make a difference.

4. Write your feelings down.

Some of my early blogs were written when the divorce was fresh. It was my way of coping, but it also proved to be an excellent reminder of how far I progressed once I looked back on my early writings. If blogging is not your thing, don't do it. Try keeping a gratitude journal and list at least three things you are thankful for each day.

5. Talk to a professional.

There was a time shortly after the divorce that I was seeing a therapist regularly and taking prescription anti-depressants. I had well-meaning friends and family tell me that I should not be taking the medicine. My thoughts on the subject are this: I needed it so I took it. Why would I stop taking something that helped me faced everyday life issues while I dealt with the effects of the divorce on our family? And fyi, the therapy process continued long after the medicine.