



Pastoral Healthcare Network Australia

Committed to holistic healing

♥GRIEF NOTES♥

... from your Pastoral Healthcare Associates Team Parish Nurse
Deliberate Activity
One Month

A month or more has passed since the death of your loved one and you have begun to reestablish some order into your life. This may be done out of sheer necessity. Fortunately, most people are able to function competently in the weeks immediately following heartbreak. They may even carry out their responsibilities, and carry on with their own life.

Somehow you have managed to come through the initial loss and perhaps the first few weeks of grieving, but the pain and confusion remain and are waiting for expression. When you are grieving you have conflicting feelings about doing things that were previously part of every day routines. It will be difficult to face new situations. When at home you want to be out; when you are out you want to be home. It is lonely to be alone, but hard to be with others in a social setting. During bereavement nothing feels right - your everyday reality is turned upside-down.

In the beginning, if a situation is not tolerable, do not force yourself – do what is best for you. Gradually you can venture back into things as you feel less vulnerable and more confident.

Everyone handles their grief in a different way. Some people engage in shopping sprees hoping that a new purchase might fill the nagging void. Others thrust themselves into work. Still others become involved in civic and church groups. Some may hope that getting busy will take their grief away.

Because of this deliberate activity, sometimes the grief work may be delayed. There are no short cuts through grief. But remember grief works is so individualized that whatever is right for you is okay. Each person, in their own way, must struggle and come to grips with what has happened.

Robert Veniga states in his book: *Gift of Hope*

“Human pain does not let go of its grip at one point in time. Rather, it works its way out of our consciousness over time: There is a season of sadness, a season of anger, a season of tranquility, and a season of hope. But seasons do not follow one another in a lock-step manner, at least not for those in crisis. The winters and springs of one’s life are all jumbled together in a puzzling array. One day we feel as though dark clouds have lifted, but the next day they have returned. One moment we can smile, but a few hours later tears emerge.”

Feel free to contact the PHNA team for information or support.

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