



Pastoral Healthcare Network Australia

Committed to holistic healing

♥ GRIEF NOTES ♥

. . . from your Pastoral Healthcare Associates Team Pastoral Nurse

Disorganization / Despair Three months

When heartbreak hits, we sense our vulnerability, our aloneness. When a tragedy occurs, we are brought face-to-face with the fact that our journey to recovery is a solitary experience. A family member might give love, a friend might care, an acquaintance might call to give support. But when they leave and return to their own interests, we realize that the journey must be made alone.

The term “normal grief” consists of a broad range of feelings and behaviours that are common after a loss. Sometimes the anxiety is so great that it is difficult to get a good night’s sleep. Many people have difficulty falling and staying asleep. They may get up tired and irritable and have difficulty coping with their emotions throughout the day.

One of the most frequent complaints from family members is that they don’t have any energy. They wonder why they feel so weary and exhausted after heartbreak. Because there is so much energy used for coping with all the changes, it’s not uncommon for people to be unaware of their stress. Exercise may give you more energy and help to beat back the blues.

It’s important to stay well physically and it is important to stay well emotionally. One of the ways to preserve mental health is to enjoy hobbies and the small delights that nurture the spirit. Keep exercising the brain. A hobby is sometimes the only thing that is powerful enough to break through the gloom and despair. Unfortunately hobbies are often forgotten. In fact, we may feel guilty about enjoying them. Such feelings are understandable. We can’t quite see ourselves enjoying life when we are struggling with a broken heart.

At first healing is slow and all but undetectable. The signs of healing are initially small. It is as if you have an open wound and day-after-day you look at it and wonder if any healing is taking place. But physical healing always occurs from the inside where it cannot be observed and then moves to the surface. The same is true with psychological pain. Nevertheless, if one looks diligently, the signs are present.

Your life will go on, and if you can allow yourself to experience your feelings fully, express them and share them – eventually healing will take place within you. This healing will also make room for other feelings, from what seems a meaningless world. Meaning will emerge again. God is calling you to health and wholeness. Remember we are here to support you in your journey.

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

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