

Grief Helps



Tears have their
rightful place in grief

James E. Miller



Tears are the silent language of grief.

VOLTAIRE



We need never be ashamed of our tears.

CHARLES DICKENS

You may carry this message from far back in life:

“Big people don’t cry.”

You may have come to believe that tears are a sign of weakness.

Many individuals, women as well as men, hold such a notion.

That’s why some people try to hide any tears that may come,

by turning away, or by covering their face,

or by wiping their eyes dry as quickly as possible.

Yet crying is a natural expression of sadness and sorrow.

And it’s a particularly *human* expression too.

Consequently, many people cry easily, freely, openly.

Others cry only reluctantly or infrequently.

Some people never cry, or they’re never *seen* crying,

though they may be sobbing silently on the inside.



*There is a sacredness in tears.
They speak more eloquently than ten thousand tongues.
They are messengers of overwhelming grief,
of deep contrition, and of unspeakable love.*

WASHINGTON IRVING

As you grieve, remember that tears are equally natural and healthy.

Almost universally people feel better after a good cry.

Often their blood pressure and heart rate are lowered.

It's clear that stress can cause the buildup of toxic chemicals in the body,
and it's equally clear that grief can be a very stressful life experience.

Research shows that crying is an effective way of removing these toxins,
helping you feel better physically.

Crying can also help keep your stress level in check before it builds up.

Your tears may serve to unite you with others,
once they see your sorrow and respond with compassion.

Your tears can be a simple way to live out your genuine truth:
someone you love has died, causing you to hurt deeply,
and you don't want to pretend otherwise.

So if you're a crier, let your tears flow.

And if you're not, perhaps you can let out your sorrow in other ways.

Resources for Grieving People

BY JAMES E. MILLER

Books

One You Love Has Died
When Mourning Dawns
What Will Help Me?
A Pilgrimage Through Grief
When a Man Faces Grief
Winter Grief, Summer Grace
How Will I Get Through the Holidays?
Change & Possibility
Un Ser Amado Ha Fallecido

DVDs

When Mourning Dawns: The DVD
Invincible Summer
Listen to Your Sadness
How Do I Go On?
By the Waters of Babylon
We Will Remember
Nothing Is Permanent Except Change

Electronic Resources

100 Healing Messages for Your Grief: Emailed Videos
Grief's Healing Journey: An eNewsletter



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