

Grief Helps



Grief Affects Your Entire Being

James E. Miller



*Light griefs are communicative,
great ones stupefy.*

SENECA



*Sorrow makes us all children again—
destroys all differences of intellect.*

RALPH WALDO EMERSON

You may think that your grief comes out only as an emotion.

That's often the way we gauge people's response to loss in their lives—

by the feelings they express and how visibly they express them.

Yet grief naturally involves much more than feelings.

Your grief can express itself through your body.

Grief has a way of making itself known through your physical being.

It may influence, for example, how much or how little you eat

and how well or how poorly you sleep.

It can affect breathing patterns, energy levels, even your physical strength.

Your grief can express itself through your mind.

Grief can impose itself on how clearly you think,

how easily you make decisions, how well you remember things.

Many grieving people find it hard to concentrate.

Then again, you may be able to concentrate exceptionally well,

but on just one thing: the one you love who has died.



Grief is natural; the absence of all feeling is undesirable.

PLUTARCH



*The darker the night, the brighter the stars,
The deeper the grief, the closer to God.*

FYODOR DOSTOEVSKY

Your grief can express itself through your soul.

You may turn naturally to your faith, to your spiritual life.

You may find consolation in scripture reading, in devotions, in prayer.

Or you may be one who enters into a time of doubt or bitterness,

wondering about God's goodness, God's wisdom, or God's existence.

Your grief can express itself through your heart.

Your feelings can be so varied, so many: sadness and sorrow, of course,

anxiety and fear, guilt and anger, loneliness.

Yet other feelings may surface too—love, gratitude, occasional joy.

Your grief can express itself through your social self.

You may wish to avoid other people for awhile,

although some grieving individuals prefer steady company.

You may be jealous or resentful of those who have what you do not—

days without unending sorrow, a life without such a disruptive loss.

Chances are every part of you will be an avenue for your grief.

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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