

# Coping – Getting Support

By

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One of the single most important components in healing from loss is having a good support system. For those who receive patient loving support during and after their loss often don't get stuck in their grieving process. It's important to express your feelings when you're grieving, whether it's with a friend, loved one or a professional. It is important to be able to talk about what happened. **Do not grieve alone.** Connect with others, it will help you heal.

## **Support after a loss**

- **Join a grief support group** – If you're loved one was under the care of Hospice, family members of the deceased are able to receive grief counseling free for one year. Grief can feel isolating and lonely even when you have loved ones around. It's comforting to share your sorrow and story with others who have experienced similar losses. It is likewise helpful to listen to the stories of others. You may feel as if someone truly understands and has similar feelings.
- **Enlist the support of friends and family members** – Even if you take pride in being strong and self-sufficient, now is the time to lean on the people who care about you. Accept the assistance from those whom you feel comfortable with and trust. Let people know what they can do to help you, oftentimes people are afraid of making a mistake, but truly want to help.
- **Draw comfort from your faith** – If you follow a religion or religious practice, embrace the comfort it provides such as praying or meditating. If you are questioning your faith in the wake of your loss, talk to a clergy member or others in your religious community.

**Talk to a therapist or grief counselor** – If your grief feels like too much to bear, enlist the help from a health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. Don't isolate yourself.