



## JUST IN TIME – YOUR TIME



Holidays, birthdays, anniversaries and more can hit you with sudden waves of grief, leaving gaping holes of pain. What can you do? Can you find moments of wholeness, even in the midst of grief's holes? Here's how.

## WHAT IS GRIEF?



Loss hits us in many ways. This loss--likely--is connected with other losses. Simply naming them can help you validate your grief experiences from the past, and understand your uniquely personal grief, now.



Your grief is deeply personal. You're sure to be experiencing it in many ways: anticipatory grief, sudden, disenfranchised (or discounted), and others. Explore these to understand your personal journey better: past, present, and ahead.

## HOPE FOR COPING



Does grief really end with "acceptance"? Researchers have found that grief begins with accepting a bit of reality. And, it's less "stages" and more of an ongoing process. Check it out.



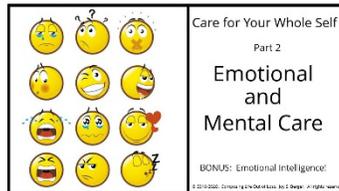
Instead of "stages" you achieve, grief is more of a going back forth between moments of "loss" and "restoration." Do you know, the words "mourning" and "morning" come from the same root word? How can this apply to you?

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## CARE FOR YOUR WHOLE SELF



Grief can deplete your physical health and well-being. You've given your care to your loved one. It's time to take care of you. See how grief might be affecting you, and learn what you can do.

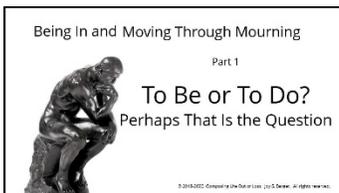


Are your emotions on a roller coaster? Do you find yourself not thinking clearly? Explore normal emotional and mental reactions to grief, with things you can do to get through everyday life, better.



For others, life has moved on. For you, realities of your loss are settling in. You might feel out of place with friends or social groups. You might be leaning into your spiritual beliefs--or--you might be questioning them. Here's guidance for finding your way.

## BEING IN AND MOVING THROUGH MOURNING



In coping with grief, do you prefer to feel it and talk about it to others--or--do you prefer to be more logical and do something with it? Learn about "intuitive" and "instrumental" styles of grieving. What's your style?



Throughout the year, you check the weather to know how to prepare for the day. With grief, we can do much the same. Explore ways that seasonal and daily "weather" are much like seasonal and daily "grief."



Likely, you have many physical "things" left by your family member to deal with. Memories are everywhere! Do you scrap 'em? Store 'em? Or "stitch" 'em together, making a new tapestry / quilt for life ahead?