

Grief

When a loved one dies, we feel sad. It is as though a part of us also dies. Everyone, each in his own way, needs to release the sadness, by crying, talking or withdrawing in silence. Talking with friends, relatives, doctors or psychologists can help. Hiding the pain or pretending to be brave does no good. You have to let the sadness out, so that time can eventually bring joy back to your heart.

We are sad because our loved one will never again live and because they will no longer be by our side and we will no longer be able to talk with them. If we had been very close, we may even feel lost, not knowing what to do. It is normal to feel sad, this is not depression. In addition, our bodies too are sad and we may get sick more easily.

Life is a journey with a beginning and an end. For some people it is longer and for others it is shorter. Death is a part of life, its natural end. When the death is sudden, when someone dies sooner than expected, especially if they die before the parents, or when a child loses his parents, it is even more difficult to accept.

Some people look for someone to blame for the death of their loved one, but this does not help them. They overcome the pain; instead it fills them with hatred and more pain. Other people feel guilty. We have to accept things as they are, because anger or guilt look backward, not forward. Some people spend years mourning a loved one's death, and are unable to accept it. Others believe that they are talking to the deceased one "in their minds" and become stuck in the past.

The first step toward overcoming sorrow is to accept that the person is dead, to let them go and say our goodbyes in peace, from the bottom of our hearts. Then, little by little, we must begin to live our lives without our loved one.

Having to tidy or sort through the deceased person's things brings back the sadness. Some people want to leave everything intact, as if the deceased person was going to return. Other people want to get rid of everything. Others are afraid to touch anything and in the end they cannot even enter the room. Our advice is to wait a few days and then sort through things. Keep only things that bring back good memories. We will feel the sadness again on certain dates that remind us of the deceased one; it is all right to grieve and express our feelings naturally.

It is advisable to wait a few days before taking any important decisions, such as selling a home or car, or things that are work-related. People want to be remembered for what they have done, for pleasant things and not for the sad moments of their death. They should be remembered with joy, with thoughts of the good times one enjoyed in their company, as they were, without idealizing them. With time the wounds will heal and we will be able to remember them without feeling so much pain. Their memories will always be kept alive with love in our hearts.

