

## Session 2 – Learn To Cope With Your Feelings of Loss When Everyone Seemingly Has Moved On.

*Why you need to mourn & grieve your loss.*

*- How to help children grieve when you're grieving*

People tend to use the word “grieving” and “mourning” interchangeably.

**Grief** is internal thoughts and feelings we experience when someone we love dies.

**Mourning** is when you take the grief you have inside and express it outside of yourself.

Myths About Grief

1. There is an orderly fashion to grieving
2. Keep your grieving to yourself
3. Put on a happy face, you'll feel better
4. Be strong, others are depending on you
5. Keep busy, you've got to move on with your life
6. You can replace your loss
7. Put more structure into your life
8. More socialization will take your mind off of grief

Have you heard any of these myths? How did you feel? Add other myths you may have heard;

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The stress of grief can compromise your immune system. Notice how you feel physically, write it down and pay attention to changes:

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Have you mourned your loss since the funeral? If so how? or How can you give yourself permission to mourn?

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Do you feel everyone has moved on with their life except you? How does that make you feel?

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If any of your feelings are about isolation, feeling no one understands or accepts you as a single person, what could YOU do to cope with how you are feeling and to perhaps get help from others in addressing your feelings? (There is no right or wrong answer, but this will encourage you to seek help and not going it alone)

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*Suggested exercise:*

*Grief is a process not a condition or illness, write your feelings of grief in a journal of any type of notebook where you can express on paper how you are feeling. Perhaps you can document how you are feeling along your journey, in time you will see yourself grow.*

