

The Dark Room

There is no good way to say it, when you've lost someone you love, you enter a dark room. Other people still seem to be walking around outside, going about their business, but even while you're with them, your world is dimly lit. Some tips for getting through the initial phases:



Write It Down

Even if you do not consider yourself a writer, expressing your thoughts on paper is a great way to process the complicated and profound emotions you are experiencing. It is likely you will not remember all of the thoughts or insights you have while in grief, that is just the nature of this state of being, but writing these down will preserve them so that later, when you've moved to a different place emotionally, you may even understand them with new perspective.



Go To Nature

Nature has a way of healing. For some, it may be the silence that is found deep in the woods, or the expansion of vision that occurs atop a mountain. Animals, too, have a great sense for when humankind is suffering and they can be a great source of unconditional support and love. While entertaining other people may be too much at first, find yourself some solace among the natural world.



Display the Love

If it is helpful to you, designate a space where you can put photos or little items that remind you of your loved one. This is a collection that you can add to over time. It can be memories of things you did together or just items that were important to your loved one. A shrine of this type not only honors the life of your loved one but also creates daily opportunities to remember them fondly and not just in the echo of their absence.



Give Yourself Time

Grief has no limit and it will likely stay with you in some form or another for the rest of your life. Allow it to change over time as you heal, but do not succumb to pressures that may try to force you to "get over it" or "move on." The journey is different for everyone. Let yours unfold as it needs to.

