



COPING WITH GRIEF

the hardest part of death is not the dying but the living. Those who have loved the deceased are encouraged, no expected, to somehow pull themselves together and get on with their lives. The merry-go-round that we call our daily life might slow its speed or revolutions for a moment or two but then moves on even faster without the anchor of the loved one.

An American poet, adored in her time but now forgotten, wrote these immortal words more than 75 years ago.

TO ONE IN SORROW

Let me come in where you are weeping, friend,
And let me take your hand.

I, who have known a sorrow such as yours,
can understand.

Let me come in - I would be very still beside you
in your grief;

I would not bid you cease your weeping, friend,
Tears bring relief. Let me come in - and hold
your hand,

For I have known a sorrow such as yours,
And understand.

Grace Noll Crowell

Coping with the loss of someone you love is one of life's biggest challenges. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief



can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. There is no right or wrong way to grieve. But your family, your friends, your clergy, can all help you ease your sadness and help you come to terms with your loss, find new meaning, and move on with your life. Your Memorial Ceremony Director is part and parcel of your closest advisors when death is at hand. The staff at TR Brownjohn Memorial Home are trained to help lessen the pain of loss.

Grief is a natural response to loss. It's the emotional suffering you feel when someone you love is taken away. The more significant the loss, the more intense your grief will be. Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you. There is no specific time frame for grieving. How long it takes differs from person to person.

The key element in overcoming grief from a loss is to have face to face support from people who love you. While sharing your loss can make the burden of grief easier to carry, that doesn't mean that every time you interact with friends and family, you need to talk about your loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself.

We at TR Brownjohn Memorial Home have jointly decades of experience in helping our clients cope and overcome their loss. As Thomas Brownjohn, principal says, It's time we had a talk. When you call, you will always talk to Tom personally. He's at: 02 4782 2613 or in the Memorial Home, 73A Lurline Road, Katoomba. Offices are also in Springwood and Lithgow.