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FUNERAL HOMES

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"Providing Comfort To Families"

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Chapters

turning the pages through grief



Finding Yourself...

In the Midst of Grief

by Paulette LeBlanc

When someone you love has died, it's natural to _____. The end of that sentence depends greatly upon who you are.

For some, a natural inclination in response to the heavy weight of grief might be to hide under the covers. Although not facing what's happened won't make the weight you're carrying go away any faster, and refusing to live your life won't either, it's perfectly normal to feel like all of your strength has been stripped away. The way one determines to process his or her own grief is different for everyone.

For others, working, cleaning, and keeping busy seems most natural.

To those people, being inactive will only make them feel worse. The point is there is no incorrect way to deal with the pain and anguish of grieving someone you love.



"All I know is we were talking about triangles. I asked which one was a love triangle, and now I'm here."

Although there is no right or wrong way, a happy medium may be in trying to strike a healthy balance between the two. If you haven't been able to leave your room or home since your loved one died, you might start out by taking small steps like a walk outside in the fresh air, or visiting a friend. Conversely, if you've gone to work every day, you might try taking a day off. If being in the house makes your skin crawl, try a day of outdoor activity, or taking in a movie.

Since we usually do not recognize the first time we do something which becomes a habit, we owe it to ourselves to begin somewhere. If you're the type who works out every day, maybe run a different path. If

continued...

**FEBRUARY
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You have to lose yourself to find yourself.

— Willem Dafoe

...continued from front

you watch the same shows every night, maybe it's time to switch the channel. Shaking things up a bit may help new ideas form, and build new pathways in your brain. If constructing new neural pathways seems right to you, there are several free videos or APPs, along with books, (see Bookmarks) to help you learn a new language. Nothing is going to distract you from one of the hardest things you'll ever go through, but if you can learn to grasp onto new things, it may help comfort you during a time when you're learning to adjust to a new normal.

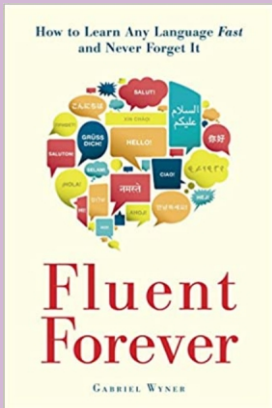
We all have a sense of who we are that may get a little hazy in the wake of something as tragic as death. Now is not the time to pressure yourself with thoughts about the “right” way to handle things—especially if you've never been here before. Now is the time to grant yourself some much needed grace to process the emotions that come with the journey of grief. You may find that taking a walk, or visiting with a friend, outdoor activities, or a learning a new language is great for some, but not for you—and maybe the time is simply not right. These things can surely wait until you've found yourself.

It is important however not to make any major decisions while you're under this heavy weight, because some things that we do cannot be undone. Selling a piece of property, moving, quitting a job, or deciding to begin or end a relationship are some of the things that should be put off, if at all possible, until you're no longer visibly shaken. In light of what you're going through, those around you will understand you need some time. Whatever path you choose in dealing with your loss, please remember to be kind to yourself when you find yourself in the midst of this grieving season.

bookmarks

Fluent Forever: How to Learn Any Language Fast and Never Forget It

At thirty years old, Gabriel Wyner speaks six languages fluently. Working on his own, using simple techniques and free online resources, he shares what he's discovers. This national bestseller is for anyone who wants to learn a foreign language, this is the method that will finally make the words stick.



ONLINE LANGUAGE APPS:

Duolingo: Offers a full program of language-learning material in more than 35 languages. It's sequential, meaning you work through the lessons in order.

Quizlet: Provides opportunity to focus on the vocabulary of a certain language that will benefit you the most.

Shaking things up a bit may help new ideas form.

TIME OUT



Nasturtiums • Odilon Redon (1905)

February

Birthstone: Amethyst • Flower: Violet

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I Love You...In other Words

French: Je t'aime

Spanish: T quiero

German: Ich Liebe dich

Croatian: Volim te

Italian: Ti amo

Portuguese: Eu te amo

Swedish: Jag alskar dig

Romanian: T Lubesc

recipe card



GO FOR THE COLD

Cooking and preparing food during stressful times, such as when one is grieving can be overwhelming. It can be easier to reach for junk food, or even some days, nothing at all. It's ok to give yourself a break and go for convenience. According to the website delish.com, here are a few of the best frozen dinners.



Trader Joe's Chicken Tikka Masala: No processed meat, fresh, juicy and tender chicken with a spicy sauce.



Amy's Broccoli & Cauliflower In Cheese Sauce: Broccoli stays crisp and tasters deemed it going out of one's way for.



Bertolli Italian Sausage Rigatoni: A little spice to a rustic pasta that tastes homemade.



Marie Callender's Family-Size (or individual) Chicken Pot Pie: Cooking time is the wait for this exceptional pot pie. Not the typical pot pie you grew up with.



Devour Chicken Enchiladas Suiza: With a creamy Alfredo sauce this different spin on an enchilada teams chicken with black beans and corn.

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