

Luce, Luze & Reck

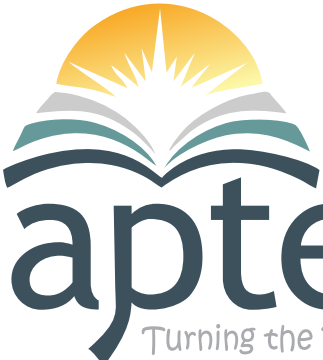
FUNERAL HOMES

Serving the South Dakota Communities of Gettysburg, Faulkton, Eagle Butte, Highmore, Miller

Mandy Luikens-Spilde & Tiffany Pape Hofer
Owners/Funeral Directors
tiffany@luceluzereck.com

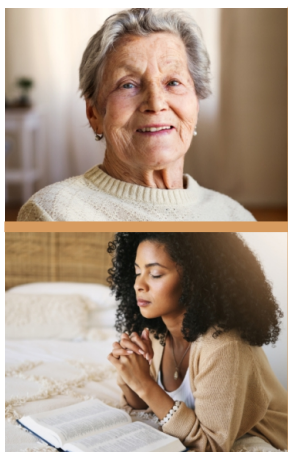
"Providing Comfort To Families"

www.familyfuneralhome.net



Chapters

Turning the Pages through Grief



The Decision to Grieve YOUR WAY

By
Paulette
LeBlanc

...

Paulette LeBlanc is a published author, a news editor and writer on Florida's Gulf Coast.

For many people grief is like being hit by some unseen force, almost like an invisible tidal wave. All of a sudden, decisions need to be made, questions have to be answered —on top of whatever happened to be going on in your life when your loved one died.

The decision to grieve may not seem like an option, but it is. Although it takes on many forms for different people, grieving someone is absolutely a choice. It is likely the best option we can choose, as refusing to grieve can be unhealthy.

Choosing not to grieve is not the same thing as feeling the loss. Actively grieving is more like a conscious response to having lost someone, whereas feeling the loss cannot be helped.

Grief comes in different sized waves and at different times. In some cultures particular clothes are worn

in an effort to display outwardly what's going on inwardly. This is a conscious effort in grieving. Attending a funeral to contemplate, celebrate, or share in the loss of someone's life is another effort to grieve made consciously. However you choose to grieve is your decision and not for someone else to decide for you. If burying yourself in work is the best way you can manage your particular grief, that's okay. That may seem strange to those around you who may choose a different way to grieve, but that's okay as well. If you cannot seem to stop crying, and it feels like the tears have to come out, that's your own way of unburdening yourself, and not for anyone to decide when you've had enough. Eventually the tears will subside, at least for a while.

It's not for us to try to determine what someone else may, or may not, be feeling based on their actions. Some people do not express grief by becoming outwardly emotional,

continued...



"Start where you are. Use what you have.
Do what you can."
—Arthur Ashe



...continued

and conversely, others cannot help but become emotional.

Deciding to grieve, in whatever way seems natural to you, is a healthy choice to make.

Grieving in a group may not be for everyone, but these groups can be found all over and have helped a great number of people through a shared experience. Curling inward is also not for everyone, but for some, spending much of their time alone while they grieve seems to fit better than sharing their experience. We should never try to force someone to do something outside of their comfort zone when they are actively grieving. Neither should we allow someone to try to force us to do something simply because someone else might choose to. Encouraging a friend to talk to others who may understand what they're going through is not the same thing as shaming them or trying to force them however. If you feel as though you are struggling, you may want to consider finding one of these groups, if for no other reason than to sit and listen quietly.

It's not for anyone else to say how you should be feeling now. While going through what is arguably

the roughest part of the journey, the last thing you need is to feel as though others are judging you for your emotions or lack of them. As you travel through the steps of grieving (denial, anger, bargaining, depression, acceptance), to rebuilding emotionally it is never for someone else to decide you've been on one step for too long or not long enough. Also keep in mind those steps may not even apply to you. **No matter how you decide to grieve, or how long you stay there, please be kind to yourself during this time.**



"What is one thing that has helped in your grief?"

This question, asked by the WHAT'S YOUR GRIEF website was intentionally broad and straightforward. Responses could describe anything, big or small, and could reflect what helps with any aspect of life after a loss. Please take some time to visit whatsyourgrief.com for helpful articles and information.

A Quick Summary of Responses Shared:

Visiting graves or meaningful places
Talking to them aloud or in their thoughts
Wearing jewelry/clothing or carrying personal items
Saying their names and sharing memories
Journaling, poetry, letter writing
Painting, quilting, art
Music (listening or creating)
Photography, scrapbooking, video diaries
Walking in parks/forests
Being by the sea or water
Gardening
Sitting quietly outdoors
Prayer
Talking to God
Meditation

Bible reading or spiritual practices
Belief in reunion, heaven, or meaning in suffering
Walking
Yoga
Swimming
Dancing
Gardening
Cleaning and physical labor
Allowing tears and emotional waves
Not apologizing for grief
Saying no and setting boundaries
Treating oneself gently
Embracing routine (work, daily walks, hobbies)
Keeping busy in meaningful ways
Learning new skills
Returning to hobbies
Seeking formal support (groups, therapy)

MOST COMMONLY SHARED WORDS: FRIEND, NATURE, JOURNAL, GROUP, PRAYER, EXERCISE, POETRY, LISTEN

* * *