

## Grief Happens to Good People

Today we learn about traumatic events quickly and suddenly through television or social media. Many people can be suddenly and deeply affected by grief over the loss of loved ones, friends or relatives.

People vary in their reactions to experiencing or learning about traumatic losses. Most will do fine over time, while for some the immediate reactions can last longer than normal and interfere with their return to their work and families. In the short term, many people experience transient, but powerful, grief symptoms.

Early grief can include:

Waves of sadness

Intrusive images of the traumatic event and lost loved ones

Withdrawal from close relationships with family and friends

Avoidance of activities that are reminders of the event

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.

If you are going through a personal experience of great loss, avoid getting into the cycle of “Why me”? Most times we just don't know why things happen and even if we had “the” answer would it explain the loss?

EASE is available to talk with you because it may help to know that your reaction is natural and that you'll heal in time. Call 800-882-1341 to schedule an appointment.



*“Strength is the courage...to reach out!”*