

When it is More Than a Little Overwhelming

Let's admit that for even those of us who do not wish to show our weakness, grief at times sneaks up on us. I know for myself that I can pretty much cope with "planned" sessions of grief. For instance, sometimes people will ask how many children I have. If I feel I can share my grief journey, I will share we have four of our own and one foster. Again, if I chose to go deeper, I may share that our son passed away several years ago. But, I may be careful if I feel I cannot talk about it. June (the month he passed) is not a good time for certain interactions. However, grief does not always tell you when it may hit.

Those times present an overwhelming experience that is difficult. How do I get through that?

1. I admit to myself there is a problem. This is a good idea because you cannot deal with something you deny.
2. I sometimes excuse myself from the conversation or situation. Not necessarily making a big deal about it, but simply giving myself a moment.
3. I mentally allow myself to have a time of emotion. Whatever I need for the moment.
4. I assure myself this time will pass.
5. I give myself permission to ask for and receive help. As much as needed. A trusted friend or if necessary a close counselor.

Grief is often an unexpected and certainly an uninvited guest. It comes on us often as a river that unexpectedly floods all around us. Having done some whitewater trips, I know that if you fall out of the raft, the right thing to do is to lay on your back, point your feet down river, and float. Being prepared for that helps when it happens, even if it takes a minute or two to get it together. Having a plan to cope helps us when the river floods.

I would like to suggest an excellent program available to you at a minimal cost called GriefShare. In the Myerstown area, there is one program available. It is held at New Beginnings Grace Brethren Church. You can contact them by phone at 717-866-5704. You can also view GriefShare's website at <http://www.griefshare.org/> for programs in other locations. Other helpful resources can be found on this page (<http://www.grosecfh.com/grief-support/overview>). Should you need to talk to me, you are always welcome to contact me at Grose, A Huie Family Funeral Home at (717) 866-4233. They will notify me and I will call you back.