

GRIEF RECOVERY GROUP

Death and loss are natural and universal to life. Yet, our responses to these are some of the most misunderstood dimensions of the human experience. One of the greatest losses a person can undergo is the death of a special loved one. The painful emotional, relational, spiritual, and physical reactions following such a loss are called grief.

What are the signs of unresolved grief?

Unresolved grief will usually be accompanied with certain symptoms, including one or more of the following:

- ⦿ denial;
- ⦿ intensified anger, guilt, restlessness, fear, aloneness and alienation;
- ⦿ numbed or absent emotions;
- ⦿ impaired decision making;
- ⦿ emotional instability;
- ⦿ impaired daily functioning;
- ⦿ sleep disturbances;
- ⦿ weight fluctuation;
- ⦿ chronic fatigue;
- ⦿ chronic depression and/or anxiety.

Struggling with these symptoms can be difficult. In our society, dealing with the personal impact of grief from death and this significant loss is seen as something uncomfortable, at best, and something to be avoided, at worst. Yet, grieving is necessary. Grief work requires time, patience, energy and just plain hard work. Healthy grieving typically takes one well past the anniversary of the loved one's departure (and for some more than several years) to be accepted and resolved.

Resolving grief is a challenging endeavor. What is needed is the opportunity to bear witness to your pain and healing, and to reinvest yourself in energizing and loving relationships that embrace life. Others may not have the time, patience, or ability to hear us. Too often, friends cannot tolerate our pain and then become unavailable. We receive the message that we should be "over it by now." Such reactions cause feelings of abandonment, confusion, and isolation.

Led by a qualified therapist, a community of persons who share similar experiences is needed for many to promote and guide a growth process for individuals struggling with the death of a significant loved one.

~~~~~

In addition to the Grief Recovery Group experience, Chaplain Nash also is available to provide individual and family counseling and therapy for persons needing more personalized help in coping and managing their grief due to loss of a special loved one.

For more information, contact Roy Nash at **BELIEF-FOCUSED CARE & HEALING** at 217-546-9800. To learn more personal information about Roy Nash visit the [roynash.com](http://roynash.com) web site and click on **Roy B. Nash**.