

# Coping with Grief

Death is probably the most difficult separation in life

And yet every one of us has to face it sooner or later

Even though our deceased loved ones are like kites that fly away from us

The strings of the kites are not broken

The connection with our loved ones will not end after their death

Hope the following ways can help you cope with the death of a loved one

## After Our Loved One Passed Away

Grief is a normal reaction after the loss of a loved one

Grief reactions and their intensity may vary across individuals

The duration may also vary

Some recover faster

While others recover more slowly

Emotions may also fluctuate like roller-coaster at times

Especially after the funeral or on special occasions

Such as birthday, death anniversary, other anniversaries, or festivals, etc.

Everyone grieves in his/her own way

There is no need to compare with or criticise others

You can just follow your own pace

## Coping with Grief

Share your experiences and feelings with someone you trust

Bid farewell to your deceased loved one by attending funeral or mourning ritual

Say things you did not have a chance to say

Or send your final blessings

Choose your own ways to express your feelings

Resume daily routines gradually

Adjust to new roles by learning new skills or developing hobbies

Maintain connection with your loved one spiritually

Such as by looking through photo albums, visiting his/her grave

Or by continuing life with his/her values

Treasure the time spent with friends and relatives

Expand your social network by meeting new friends with an open heart

## When Grief Becomes Unbearable

However, if you encounter the following situations such as

Excessive sorrow, bitterness, anger, guilt, numbness

Emptiness/life without meaning

Persistent yearning/longing

Preoccupation with the deceased/death

Or negative memories of the deceased

Difficulty in accepting the death even after a long period of time

Loss of interest and motivation in activities or social interaction

Yet to find new roles in life

Excessive avoidance of reminders of the deceased

Difficulty in trusting others

Feeling alone or detached most of the time

Even have thoughts of suicide as a way to reunite with the deceased

If you encounter the above situations

And they cause significant distress or impairment in daily functioning

You should seek help from doctors or health care professionals immediately

Through the strings of the kites

Let us tell our loved ones that we are learning to adapt to the separation and coping with grief

And send our memories and blessings to them from afar