



## PONDERINGS ALONG THE PATH

By Nadine Boyd

### **New Year's Resolutions for the Bereaved**

By Tanya Lord

This year I resolve to:

- ♥ Not put a time limit on my grief. Loving someone means loving them for my life time whether they are physically present or not.
- ♥ Tell their stories, the happy and the sad, they will live on through me.
- ♥ Encourage others to share memories.
- ♥ Teach others that they cannot "make" me cry, tears are only an external expression of how I am feeling all the time.
- ♥ Understand that crying or otherwise expressing my pain is healthy and normal. "Doing well" means expressing my feelings.
- ♥ Understand that others will not understand my pain and it isn't fair to expect them to do anything but listen.
- ♥ Recognize that asking for help from those that love us is a really a gift that we give to them.
- ♥ Help others, reaching out to others in pain will help me to heal.
- ♥ Do something nice for myself every day.
- ♥ Know that if today I can not do everything that needs to be done, tomorrow is another chance to get it done.
- ♥ Cry when I need to, laugh when I can and to not feel guilty about either one.
- ♥ Let go, bit by bit, of the guilt, regret and anger because I know holding on to these emotions can be so damaging.
- ♥ Take a risk and let others into my life and heart.
- ♥ Take care of my physical, emotional and spiritual health.
- ♥ Reinvest in life a little bit each day...

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*You may be telling yourself that you made it through this year of the loss of your child, but despairing how you can live the rest of your life without him. Here are some suggested "tools" to help you in your despair and loneliness to remember to take care of yourself and recognize that grief is ongoing, but healing is possible with time and letting others know how to help you. I wish you comfort and healing, and the peace that passes all understanding.*

*In friendship,  
Nadine*

