



## PONDERINGS ALONG THE PATH

By Nadine Boyd

*Dear Compassionate Friends,*

*We often hear about the physical and mental symptoms of grief, especially the grief of losing a child, but I don't know that any of us are quite prepared for the magnitude and the length of this overwhelming loss. You might feel like you are in the wrong body; actually wish you weren't because this one hurts so badly. Some of these symptoms are listed in the first box above.*

*When you are literally trying to survive from one day to the next and still trying to care for those who depend on you, start small, as the second box suggests. **Breathe.***

*When our minds and bodies are stressed we often find ourselves forgetting to breathe, holding our breath, or panting (taking rapid, shallow breaths). This can worsen a panic attack, when you may feel you are having a heart attack. So, focus on breathing in and out. Just breathe-slow and deep breaths. The rest of the world can wait while you focus on your breathing, and if that's all you get done today, that's okay.*

*Healing from grief can be a very long journey, and it can carry many obstacles to overcome along the way. There will be dark days and days you want to hide away from the pain. **Be kind to yourself and forgive yourself.** I think the second box above has some very helpful self-care tips to try, including: **talk to people you trust, ask for love, as well as help, remind yourself you are loved, know this is temporary, and just keep breathing.***

*I wish you comfort and healing, and the peace that passes all understanding.*

*In friendship,*

**Nadine**

