



Coping with Loneliness

Loneliness is very much a part of the grieving journey.

Your Loved one is no longer here so naturally you miss him/her

You may experience people withdrawing from you. When you have a child die, often people do not know what to say. Sometimes they avoid you because of their discomfort. It often feels like you have “grief cooties”

You may feel like withdrawing from people and activities. Grief is exhausting and being with others and doing activities sometimes is overwhelming.

You may try being more proactive and reach out to a friend or someone that is able to hold your grief and “not fix you”. You may choose to join a support group of people that understand more personally your loss and grief. You may choose to make a call to someone that feels safe and understands. Being proactive can be difficult and yet sometimes it’s exactly what needs to happen.

Grief is so individual. Everyone will do this differently. Be patient with yourself and give yourself an abundance of grace. Know that there are people who will embrace you and will be there for you. You just might have to seek those individuals out.

“While I cannot do your grieving for you or you for me, we can be with each other in an honest and caring relationship”. Tracks for a Fellow Struggler