

HELPFUL HINTS ON THE RIGHTS TO GRIEVE

While it is helpful to reach out to others as you grieve, you need not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and no one may take that right away from you.

The following list is intended to help you heal and to help you decide how others can and cannot help.

1. *You have the right to experience your own grief.*

No one else will grieve in exactly the same way you do. So, when you turn to others for help, it is not necessary for them to tell you what you should or should not be feeling.

2. *You have the right to talk about your grief.*

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.

3. *You have the right to feel a multitude of emotions.*

Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey.

4. *You have the right to be tolerant of your physical and emotional limits.*

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your mind and body are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. *You have the right to experience grief "attacks."*

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural.

6. *You have the right to make use of ritual.*

The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people.

7. *You have the right to embrace your spirituality.*

If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs.