

Grief Helps



Make Sure You Listen
To Yourself

James E. Miller



*Somebody has to do something.
It's just incredibly inconvenient and annoying
that it has to be us.*

SAMUEL CLEMENS



Be faithful to that which exists nowhere but in yourself.

ANDRÉ GIDE

My father died five years ago, rather suddenly.
He didn't need to die—he had injured himself in a fall
and died following a surgery that was supposed to help him.
It was all tremendously sad,
and I went into a deeper grief than I imagined I would.
For several days I felt strangely empty, horribly tired, very tearful.
I didn't want to be around people, even well-meaning friends.
I decided to listen to that part of myself deep within
that somehow knew best what I needed as I started to grieve.
I asked my wife to handle all the phone calls so I wouldn't have to.
I sat a lot, looking around, not reading, which is very unusual for me.
I asked our daughter to bring by our newest grandson, a one-year-old.
While he played quietly with his toys, I lay on the floor beside him,
moving my hand slowly across his soft back, looking into his face.
For several days I just existed.



Perhaps the truth depends upon a walk around the lake.

WALLACE STEVENS



*The greatest weapon against stress
is our ability to choose one thought over another.*

WILLIAM JAMES

As you grieve, make sure you listen to that part of you
that has a sense of what is in your best interest.

Are certain people unthinking or hurtful in their comments?

Then stay away from them or tell them how they're being unhelpful.

Are you tired?

Then rest, take naps, sleep in, work less, give yourself some slack.

Do you crave quietness?

Find a space in which you can be alone;

take slow walks mornings or evenings.

Do you feel on edge?

Exercise; do something active; talk to someone you trust.

Protect your heart, mind your body, ease your mind,

and encourage your soul in all those ways

that you have reason to believe will benefit you.

Remember: you're the one who's the expert here.

Resources for Grieving People

BY JAMES E. MILLER

Books

One You Love Has Died
When Mourning Dawns
What Will Help Me?
A Pilgrimage Through Grief
When a Man Faces Grief
Winter Grief, Summer Grace
How Will I Get Through the Holidays?
Change & Possibility
Un Ser Amado Ha Fallecido

DVDs

When Mourning Dawns: The DVD
Invincible Summer
Listen to Your Sadness
How Do I Go On?
By the Waters of Babylon
We Will Remember
Nothing Is Permanent Except Change

Electronic Resources

100 Healing Messages for Your Grief: Emailed Videos
Grief's Healing Journey: An eNewsletter



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