

Episode Notes

INTRODUCTION TO GRIEF & MENTAL HEALTH

REFLECTION:

Grieving is a natural and normal response to loss. The path to healing requires giving ourselves grace, allowing ourselves to feel, and avoiding forming expectations of quick resilient healing. Trying to overcome grief by determination or avoidance merely delays the inevitable and lengthens the journey.

KEY POINTS:

- Grief and mental illness sometimes share certain specific types of symptoms.
- Grief, however, is a normal and natural response to loss and should not be considered a mental illness on its own.
- If you had a mental illness diagnosed before you lost your loved one, your related symptoms might get worse in response to your loss and ensuing grief.
- If your mental state is concerning to you, seek out the help of a medical doctor and/or a mental health professional.

STEPPING STONE:

If you are thinking “I can’t let myself be like this, I have to be strong!” Please challenge your thinking by asking yourself, “Do I really have to be strong when I am feeling overwhelmed and weak?” And, then consider, “Who might be able to help me get through this time and what might I ask of them?”

HEART CHECK

Date:

What have you been thinking and feeling today?

