面對悲傷

悲哀是:
• 一個人面對所失去的反應
• 在悲傷時情緒、思考和行為變著失去對他所重要的人或事的一種正常反應
• 生命中自然的一部分
• 一個人面對死亡、離婚、疾病、失業、離家及朋友或任何重大生活改變的一種典型反應
• 完全因人而異沒有所謂正確或錯誤的方法來經歷悲傷

悲哀包括了:
• 隔絕
• 空虛和無力感，如同被雙關的狀態
• 身理反應包括了噁心、呼吸困難，哭泣，
• 累積，沒有體力，口乾，睡眠和飲食改變
• 發燒
• 對情績、個人或意識的憤怒感
• 對自己所做或沒有做的事有罪惡感
• 從家庭、朋友，和一般活動中隔閡
• 無法集中注意力，工作或有困難做決定
• 失敗或責任產生疑惑，對領導人生中的意義，價值，和目的產生質疑

悲哀的持續時間:
• 一直到於喪失而改變的生活得到調整
• 幾個月，甚至於幾年。悲哀是沒有時間表的，思想、情緒、行為和其他反應都可能會來來去去

體驗悲傷
• 需要時間和過程就失去的想法和情緒是不需要但也很重要的。你同時要對自己很有耐心及仁慈。記住悲傷是正常的，你也是學習到去調整生活中的改變。同時，下列做法會對你有所幫助:

說出您的喪失
讓自己在所愛的親友懷中，慢慢對家人，朋友或精神科的了解轉讓他們知道你需要分享您的悲傷和表達您的悲傷。您也可以參加安寧療護或社區的支持團體。

原諒自己
包括對所有認為為應該或應該做的。也原諒自己在悲傷時所產生的負面，如憤怒，罪惡感或罪贖為情。

注意飲食和運動
悲哀是很耗廢力的，維持一個均衡的飲食和休息是很重要的。運動也是很重要的，它可幫助您增加體力。找您喜歡的固定常規使面無表情，身體重新提起精神。

讓自己享受一下
換換午餐，讀本好書，聽聽您喜歡的音樂，去場球賽、電影，做些有趣的事，分<br>
散您的悲傷，使您找到一些欣慰。

準備節日和週年慶
在這些節日和週年慶(重要的家庭聚會慶祝，<br>
喪失親人後的日子，或每年)讓許多人會感謝特別地悲傷，雖然您已走出悲傷，<br>
這些特別的日子可能把您拉回往日的傷痛。事前計劃好，去親您的朋友和親人或任何讓<br>
您舒服自在的人在一起，計劃一些活動讓您<br>
有機會去記住這些重要時刻。

我怎麼知道我的悲傷已經結了?<br>
您可能在喪護後被悲傷所擊倒，時效到了，您<br>
可能會學到和調整自己去處理悲痛的共同生<br>
活。您會開始尋求安慰而不再沉溺於痛苦的記憶中，實際上，您不會有特別的<br>
的“結尾悲傷”。您總是會在一些時間記<br>
起您所喪失的，也會在某些時候又重新憶起<br>
悲傷。
Grief is...

- The normal response of emotions, thoughts and behaviors that follow the loss of someone or something important to you.
- A natural part of life.
- A typical reaction to death, divorce, illness, job loss, a move away from family and friends or any life-changing experience.
- Very personal—it is different for everyone there is no right or wrong way to grieve.

Grief reactions may include...

- Feeling empty and numb, as if you are in a state of shock.
- Physical responses such as nausea, trouble breathing, crying, confusion, lack of energy, dry mouth, or changes in sleeping and eating patterns.
- Anger—at a situation, a person or in general.
- Guilt about what you did or did not do.
- Withdrawal from family, friends and common activities.
- Difficulty focusing, working or making decisions.
- Questions about faith or spirituality; challenges to the meaning, value and purpose you find in life.

Grief lasts...

- As long as it takes to adjust to the changes in your life after your loss.
- For months, or even years. Grief has no timetable; thoughts, emotions, behaviors and other responses may come and go.

Experiencing grief

It is important to experience all of the thoughts and emotions that come up, as painful as they may be, and to treat yourself with patience and kindness.

Talk about your loss

Take the time to talk to family, friends or a counselor. You can also find support by joining a hospice or community support group. Let them know you need to share your memories and express your sadness.

Forgive yourself

Forgive yourself for everything you believe you should have said or done. Also forgive yourself for emotions such as anger, guilt or embarrassment you may feel while grieving.

Eat well and exercise

Grief is exhausting. It is important to maintain a balanced diet and rest. Exercise is also important to keep up your energy. Find a routine that you enjoy—clear your mind and refresh your body.

Indulge yourself

Take naps, read a good book, listen to your favorite music, go to a ball game, rent a movie. Do something that is fun, distracting and that you find comforting.

Prepare for holidays and anniversaries

Many people feel especially “blue” during these periods, and anniversary dates (of important family celebrations, a diagnosis, death) can be especially hard. Even when you have moved forward in your grief, these dates may bring back some painful feelings. Make plans to be with friends and family members with whom you feel comfortable. Plan activities that give you an opportunity to mark these important times.

How will I know when I’m finished grieving?

After a loss, you may be overwhelmed by the grief reactions you are experiencing. In time, you will learn to adjust to living with your loss. Eventually, you will start to draw comfort rather than experience pain from the memories. In a sense, you are never “finished grieving.” With a loss, there will always be moments when you will remember the loss and you may experience moments when your grief is “triggered.”