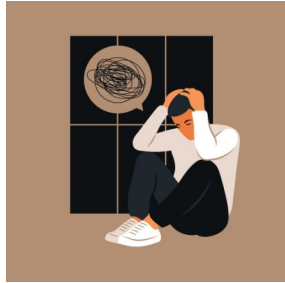
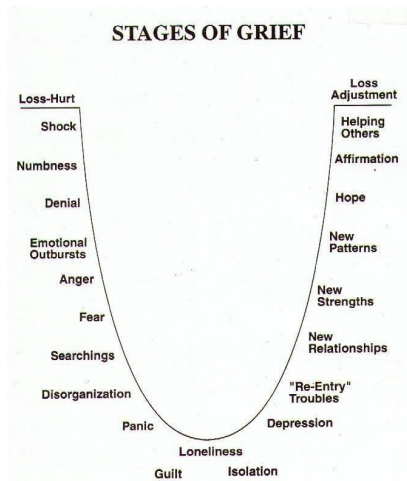


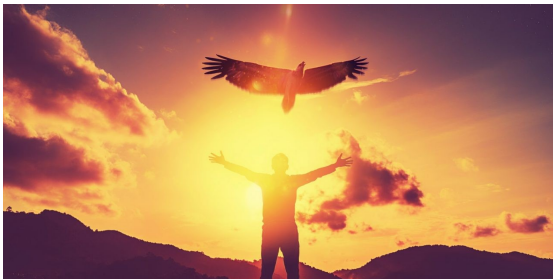
## CRISIS



## PROCESS



## HEALING



## **Journey with Joy Meetings**

The First Saturday of the month  
09:00—11:00

All Souls Anglican Church  
42 O'Reilly Merry Street  
Northmead, Benoni

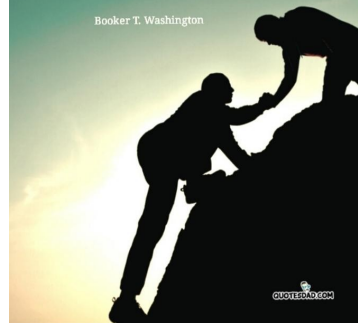
Commitment to continued healing and growth.

### **Contact Person**

Isabella 076 238 9604 Co-ordinator  
Erika — Facilitator  
Stevie — Facilitator  
Suzie — Facilitator

**If you want  
to lift yourself up,  
lift up  
someone else.**

Booker T. Washington



# Journey with

Jesus

Others

yourself



*We heal better together*

Join us as we support each other, sharing and exploring some of the ways loss can affect our lives.

The purpose of the group is aimed at continued healing and personal growth.

**Psalm 34:18** "The Lord is near to the broken hearted and saves the crushed in spirit."

**Grief is any situation of being actual, potential or perceived loss.**

**Grief is a natural response to loss.** It might be the loss of health, a loved one, relationship, pregnancy, pet, job or way of life. Other experiences of loss may be due to children leaving home, infertility and separation from friends and family.

Whatever your loss is, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing. Whatever the cause of your grief, though, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life.

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and **there is no "normal" timetable for grieving**. Some people start to feel better in weeks or months. For others, the grieving process is measured in years.

Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

#### **Ways to deal with grief,**

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who can help you.
5. Support yourself emotionally by taking care of yourself physically.

#### **Seeking support for grief and loss**

The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Even if you're not comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving.

While sharing your loss can make the burden of grief easier to carry, that doesn't mean that every time you interact with friends and family, you need to talk about your loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself.

Your feelings may happen in phases as you come to terms with your loss. You can't control the process, but it's helpful to know the reasons behind your feelings. All people experience grief differently. Though it is no longer considered the ideal way to think about grief, you may have heard of the stages of grief:

- **Denial:** When you first learn of a loss, it's normal to think, "This isn't happening." You may feel shocked or numb. This is a temporary way to deal with the rush of overwhelming emotion. It's a defence mechanism.
- **Anger:** As reality sets in, you're faced with the pain of your loss. You may feel frustrated and helpless. These feelings later turn into anger. You might direct it toward other people, a higher power, or life in general. To be angry with a loved one who died and left you alone is natural, too.
- **Bargaining:** During this stage, you dwell on what you could've done to prevent the loss. Common thoughts are "If only..." and "What if..." You may also try to strike a deal with a higher power.
- **Depression:** Sadness sets in as you begin to understand the loss and its effect on your life. Signs of depression include crying, sleep issues, and a decreased appetite. You may feel overwhelmed, regretful, and lonely.
- **Acceptance:** In this final stage of grief, you accept the reality of your loss. It can't be changed. Although you still feel sad, you're able to start moving forward with your life.

Every person goes through these phases in their own way. You may go back and forth between them, or skip one or more stages altogether. Reminders of your loss, like the anniversary of a death or a familiar song, can trigger the return of grief.