There is no "right" or "wrong" way to grieve.

Grieving is a highly individual experience. How one grieves depends on many factors; personality, coping style, life experiences, faith or beliefs, and the significance of the loss to the individual.

The process of grieving takes time. As does healing, it cannot be forced or hurried, it will happen gradually. Some will start to feel better in weeks, months, even years. There is no linear timeline, it all all healthy and normal. The most important thing is for one to be patience and kind to themselves, let the grief process naturally.

It is not uncommon either for grief to bring up past trauma. If healing is not linear, there is no time when an individual becomes "fully healed". Grief can continue to be present in life. However, with learned skills, individuals can learn to live with loss in a healthy manner.

What is Grief?

Grief is a natural response to loss. It is the emotional suffering we feel when someone or something is taken away. This can often feel overwhelming. We may experience different kinds of emotions; shock, anger, disbelief, guilt, profound sadness, and more. It cannot be put into a box how any one person will feel.

Loss is personal, we should never feel ashamed of emotions or believe only certain things should be grieved for. Whatever the cause of grief, there are healthy ways to cope.

BENCO GUIDE TO

Navigating Grief

5 Stages of Grief

- Denial; this can't be happening.
- Anger; why is this happening?
- Bargaining; make this not happen.
- Depression; I'm too sad to do anything.
- Acceptance; I am peace with what happened.

GET IN TOUCH

Talk or text crisis line - 988
Benton county crisis line - 888-232-7192

Lumina Hospice Offers Grief & Loss Support Groups and Resources
https://www.luminahospice.org/grief-loss/

Samaritan Evergreen Hospice bereavement support is available at no cost to anyone in the community, whether or not their loved one was on our hospice program.
For more information, please call their Bereavement Coordinator at 541-812-4680, or check out their website: http://www.samhealth.org/services/hospicepalliativecare/Pages/bereavementservices.aspx

Daily affirmation emails can help you find a glimmer of light in the darkness.
https://www.mchenryfuneralhome.com/grief-and-healing/daily-email-affirmations

More Resources

Benco's Employee Assistance Program offers 24/7/365 Crisis telephone coverage staffed by trained counselors. Members get three free sessions per unrelated incident.

Call Jeff Flesch or Megan Moody for more details - 541-753-5040.

The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths
By Alan D. Wolfelt, Ph.D.

Grief One Day at a Time: 365 Meditations to Help You Heal After Loss
By Alan D. Wolfelt, Ph.D.

For more books:
https://nymag.com/strategist/article/best-books-grief.html