

## Rediscovering Life After Loss

Experiencing the loss of a loved one is one of the most challenging of all human experiences. Grieving your loss is an important life passage and a natural part of the healing process. It can help you recover and offer a path to new beginnings.

Your recovery may take more or less time than you expect. Everyone grieves according to his or her own timeline. Recovery can include alternating feelings of emotional upset and peace. The sadness of losing someone you love may never go away completely. Yet with time and support, healing occurs. Gradually, you'll be ready to discover a new life beyond grief and your loss.

### *Set Small Goals*

You may find that setting small goals is helpful. For example, going to a movie tomorrow and taking a trip to visit a friend next week may help you get through the immediate future following your loss. With time, you'll gradually be able to set longer-range goals.

Consider these suggestions to embrace recovery after losing your loved one:

### *Gain Perspective*

- Learn something new  
Are you interested in resuming or expanding your education? Enroll in an adult education or fitness class or join a book club. Acquiring new skills, interacting with others and staying physically active can promote healing.

- Volunteer  
Offer your time to a cause that you feel strongly about. Helping others can have a positive effect on your perspective. Volunteer to help schools with reading programs for youth, or provide much needed visits to elders in nursing homes. There are many possibilities to connect, help others and feel useful.

### *Explore Your Passions*

- Indulge your interests  
Is there something you have always wanted to do? Now is the time to reinvest in your hobbies. Run a race, revisit your musical or artistic talents, or plant your garden. Pursuing your dreams can help provide purpose in your life.
- Adopt a pet  
Pets can be a great source of comfort and enjoyment. They provide rewarding affection and can refocus your attention toward a living presence.

### *Use Your Loss*

- Share your knowledge to help another  
Contact a medical association, hospice provider or support group and ask how you may help others recover after a loved one's passing.

### *Trust Yourself*

Grieving the loss of a loved one is a universal, yet uniquely personal experience that forever changes us. Grief, in all its complexity, reveals the depth of our affection and connection to others. This makes healing, recovery and a meaningful future possible.

Visit: [www.passare.com](http://www.passare.com) for information and expert resources on many End-of-Life topics.