

After you have experienced a loss, what is next?

You maybe hearing these thoughts over, and over, again in your head?

“Why, I should have, if I had only, if they only told me, I never thought....”

Suicide is permanent, and once it has happened, there is no going back. Do not second guess yourself.

“Everything happens for a reason!”

Grieving is the next step! This may take hours, or years. There is no rule to how long you will grieve for someone that you felt a true spiritual connection with, and at times the loss will be unbearable. Do not give up hope, the pain will subside but, it will never completely leave, and you will never forget them as long as you live!

Find a way to honor the one you have lost that will last.

Get involved in suicide prevention, or make a donation in a love one's name.

Be aware of the need to eat.

When in the process of grieving, acceptance, we stop all normal patterns including eating. Force yourself to eat at least two meals a day.

Sleeping will either increase or decrease.

To much sleep is a sign of early depression, and is seen as a lack of acceptance. If you are sleeping to much find physical activities that you can join in (organizations, sports, clubs, and social events). Stay close to those that want to help you, and most of all avoid isolation.

If you are not sleeping we suggest that you take a non narcotic sleeping aid. Your body needs sleep.

Name three things that are positive about your loss. And, tell someone that you trust what they are!

Start a list of things that you loved about the one you lost, and share it with someone you trust.

Moving forward is what your loved one would want.

Create a goal list for the next year with.

3 goals for the next week

3 goals for the next month

3 goals for the year

Start a list “45 things that make life worth living for”.

Carry this list with you always and use it when you get down.

This list will be changing constantly, so keep it up to date.

If you feel that you need counseling, and can't afford it, try your local churches.

Don't forget that children know what has happened that are as young as 5 years of age. Let them talk about what has happened, and let them ask as many questions as they need to.