

## Grief: Help for navigating uncharted waters

The death of a loved one comes with a whole host of expectations about how the grieving process *should* feel. Often, it is believed that grief is experienced in a linear way moving through strictly-defined stages. In reality, the experience of grief is more like sailing a tiny boat in a vast and changing sea than driving a car along a straight road.

One of the most difficult things for people to reconcile when they are grieving is not feeling *bad*, but indeed feeling *good*. Feelings of happiness, relief, hope, eruptions of laughter or excitement can be stifled with guilt and shame. When we feel these positive emotions, we too often tell ourselves “I have no right to feel good when they are gone” or “it’s too soon for me to feel happy, there must be something wrong with me!”

The most important thing to do if you find yourself having any of these thoughts is to get rid of any preconceived notions of how the grieving process *should* feel. In fact, start by taking the word ‘should’ out of your vocabulary altogether. It’s also important to free yourself of any idea of progress when it comes to grief: there’s really no end-point, but rather an endless horizon of ever evolving feelings.

Depending on the circumstances of your loved one’s death, different feelings will likely accompany it. It’s very common to experience relief after an illness that spanned years. The grief that follows a sudden death will naturally look different from that of one that was expected.

Sometimes, feelings of numbness or an overwhelming mantra that “everything’s fine” might be masking some of the more painful feelings. This is normal, and is a part of many healthy grieving processes. While there is no prescription for grief, or roadmap to follow, some of these reminders can serve as a compass to aid you in navigating the uncharted waters in your personal grieving process.

**Prioritize self-care.** Eat healthy meals, exercise (even if it’s going for a short walk every day), and get a full night’s sleep. Grief is an emotional process that takes a toll on the body, and so supporting the body becomes paramount.

**Be where you are.** Everyone grieves at his or her own pace. Emotions don’t follow a schedule, so don’t try to force them to.

**Seek and accept support.** You can’t do this alone. Whether it’s accepting a home-cooked meal from a dear friend, joining a grief support group, or seeing a counselor, you will need other people to support you at times.

Above all, when you do experience happiness and laughter, allow them to exist, and even be grateful for them! Wherever you are at in the process, whatever you are feeling, the only thing you can be certain of is that it will change again.

## Full house: Welcoming new additions to your household

There is no doubt that the structure of the home and the very image of what a family looks like would be unrecognizable to our parents’ generation. The family unit of generations past had two parents raising at least two children until those children became adults and moved out, never to return. Today, homes and families are diverse, and so too can the pathways of how each member of the household got there. Although we may *know*

that family can look a lot of different ways, when it comes to how we *feel* and our *personal space*, there can be a bit of a lag in understanding. The changing landscape of the home comes in a lot of different forms: whether it's a new baby, a blended family resulting from new partnerships, an adult child returning home after being away, an ill grandparent or other family member moving in to receive needed care, or friend facing financial struggles, it's likely the home you know will undergo change at some point. For a lot of us, home is our safe space where we can relax and be at peace, and it can be destabilizing when that feels threatened. Here are some go-to tools and reminders to keep your home feeling safe and calm, while swimming in the inevitable tides of change.

### **Communication**

This can never be overemphasized: communication is and always will be key in making transitions smooth and new arrangements possible. When something bothers you, rather than silently trying to cope (which can feel noble but often leads to passive aggression), say it out loud and say it soon. Being clear and honest has huge benefits when it comes to harmonious living. This doesn't only apply to problems – expressing gratitude and appreciation for a good meal or a clean bathroom goes a long way as well!

### **Expectations and boundaries**

When someone new is moving into your home, you can't expect things to go the way you want them to without setting some preliminary guidelines. Be up front about your needs and what you expect: do you need the dishes to be done before the lights go out at night? If someone won't be spending the night at home, do you want to be informed? How do you hope to handle the division of household labour – as more people in a space will of course bring more work. Ask yourself what you need in advance of the change, then try to share it as clearly as possible.

### **Space**

How would you feel if new artwork appeared on the dining room walls? What about furniture being rearranged? Is there a space in the home that you want to keep as just yours, or as a strictly quiet space? Spend some time thinking about the space as actual physical matter: the space itself is actually inseparable from what goes on in it, so don't underestimate its importance. Be honest with yourself and those you are sharing the space with in regards to what you need in terms of rooms, walls, cupboards, and floors.

Adjustment and adaptability are easier said than done, so be patient with yourself and the new additions to your home. The capacity of your household *will* have to stretch to accommodate new members, and that will demand flexibility. Resentment and irritation will probably rear their heads at some point, and that's normal: change is difficult to accept, especially in the place you rely on most for stability. In the midst of the difficulty, remember some of your reasons for allowing your household to stretch in the first place: they're likely coming from a place of deep love, generosity, and optimism. Those feelings are big enough to accommodate just about anything.

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Looking for additional support? Your Employee Assistance Program (EAP) can help through a variety of resources. Call your EAP at [1.866.468.9461](tel:18664689461) or visit [shepell.com](http://shepell.com).