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May 2018

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I think this is why as grief counselors, we are experiencing more people reaching that year marker, expecting to “feel better” but are still struggling to find a sense of normalcy, or even acceptance of the death.

We put expectations upon ourselves as to how we should feel, when we should feel better, and what that is going to look like. Others seem to think they know better than the one who is grieving how they should be feeling, what they should be thinking, how they should be acting. There is no set timeline. I would say don’t be so hard on yourself – it might be cliché but, “It takes as long as it takes.” Not everyone – OK, no one – is going to go through stages or types of grief in a set pace or calculated manner. Unfortunately, it doesn’t work that way.

So what do you do? Keep talking about your loved one. Share with others who have had a loss, you will not feel so alone knowing others have been there and understand. Seek counseling, the Niagara Hospice Bereavement Department has counselors always available to listen and just be there for you. Attend support groups, we have several a month.

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