

Second Wave Grief



Serendipity Psych
Counseling & Consultations

At first when you are grieving the waves can come non-stop and are overwhelming. This can make it difficult to do anything else and tends to keep our mind focused on our grief. As time progress the waves become further and further apart and the intensity can vary. When this happens things start to look doable and you are able to cope a little better.

Follow the link below to learn more:

<https://www.crazygrief.com/myownjourney/anoceanofgrief>

How to start moving forward:

1. **Move Around** - Try to stay active by going for walks, playing sports, or engaging in other fun physical activities.
2. **Remain in the Now** - allow yourself to feel what you are feeling, whether it be via laughter or tears.
3. **Get Help** - Don't go through it by yourself. Find assistance from your family and friends, or look for a professional who can assist you in developing good coping mechanisms.
4. **Give yourself time** - Grief has no defined timeline, and how you feel may alter over time. Be sure to give yourself some grace.
5. **Be Mindful** - Developing a spiritual connection can be healing. Look into incorporating yoga, meditation, or prayer into your daily or weekly schedule.
6. **Take Initiative** - Think about leveraging your experiences to shape a more favorable future.

Journaling Prompts Ideas:

Journaling is an excellent way to express your thoughts and feelings while also improving your mental health and overall well-being. Journaling on a regular basis is essential; even 15 minutes three to four times per week can have a positive impact.

Bereavement:

- Write your loved one a letter...
- When I think about losing you I feel...
- Lately I have been missing...
- Today ____ brought up a memory about you and I reacted....
- Thank you for teaching me...
- This is my favorite memory of us is...
- I wish I told you...
- I feel connected to you when...
- One of the hardest parts of losing you had been...

Self-reflections:

- It's okay not to be okay. How are you not okay today?
- Today was hard because...
- Today I will put my mental health first by...
- I have been feeling ____ lately because...

Self-care:

- Today I will self-care by...
- Identify your support system...
- Who can you talk to when you are feeling happy or sad?
- When is the last time you talked to them?
- List some things you can do when you are feeling down.