

# Dryden Family Medicine

Family Practice, and Preventive Care

5 Evergreen St., P.O. Box 8, Dryden, N.Y. 13053

Phone: (607) 844-8181 Fax: (607) 844-4288

On the web at: [www.drydenfamilymedicine.com](http://www.drydenfamilymedicine.com)

## Mourning and Bereavement

When your parent, child, sibling, spouse, or partner dies you become a mourner. Most people stay a mourner for at least a year although the intensity of their mourning does not remain so acute for that long.

While you are in the acute states of being a mourner it takes a toll on you. You eat, sleep, and exercise differently until your life finds a new course.

You deserve lots of extra support while you are a mourner. You deserve help to protect your physical and mental health and to take advantage of what is precious about mourning. When mourning you are more likely than usual to notice what you appreciate about your relationships with others, what your deepest values and top priorities are, and what you appreciate about your own life.

It is important for you to give yourself a “break” from your usual life while in mourning. It takes time for the human spirit to mourn. Allow it to happen as it should. Many mourners find that their grief takes the pattern of a spiral of emotions. They spiral from feeling grief-stricken to a bit more normal and back again. The amount of time to go from one to the other varies as time goes on and their “more normal” state become more truly “normal” as time passes. The swings to intense grief become less intense and “mature” to a less painful level. While your love and longing for your lost love never goes away it matures to a level that is one you can bear.

It is important in the first stages of grief to take care of yourself and let others take care of you. Grief makes it more likely to come down with illness, become sleep deprived (which causes its own problems), become malnourished, to make decisions you later regret, and to worry that you are losing your mind or will never get over your grief.

Put off making any important decisions until your grief “matures” and don’t be shy about sharing with others how you are doing and let them help you.

Feel free to share with me how things are as your health and your grief are inextricably woven together. Grief is an important factor to take into account in diagnosing and treating symptoms you may have.