

# DEALING WITH GRIEF



Starting a new family life can be hard. Grief may be an emotion that you feel as you adjust to a crisis in your life. You may have feelings of intense sadness, pain, shock, anger, or guilt. Coping with these feelings will help you begin the healing process. While you are dealing with grief take care of yourself. Be mindful of your daily habits - exercise, eat well, get enough rest, and regular check-ups. Self-care and a regular daily routine will ensure you stay healthy and active during this time.

## ACKNOWLEDGE YOUR FEELINGS

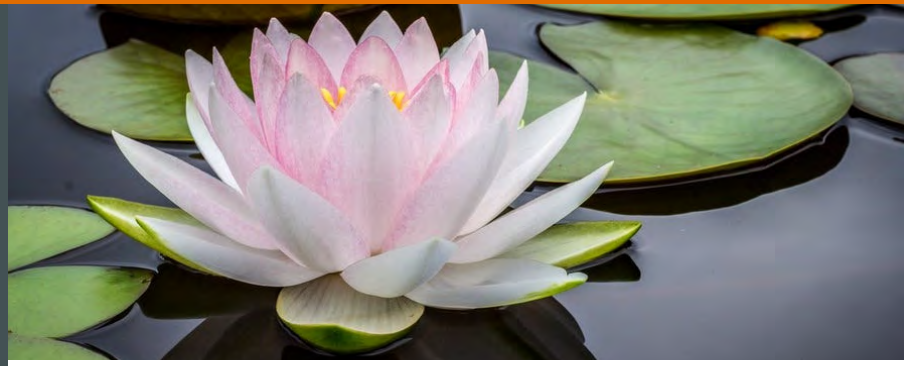
- Accept your feelings. Let yourself feel both good and bad emotions even if it is uncomfortable. Dealing with these feelings will help you move forward.
- Don't beat yourself up over what you could have done to prevent this situation.
- It is okay to feel unsure about parenting again later in life. It does not mean you don't love your grandchild. This transition will take time and patience.
- Be gracious to yourself. Take this time to reflect on your strengths and abilities.

## ASK FOR SUPPORT

Connecting with others can help you get through difficult times. Reach out to friends and family who can listen. There are support groups for grandparents like you. Talking to others can help improve your mood and mental health. Take the time to nurture your relationships. You are not alone.

## TIPS TO HELP YOU THROUGH THE GRIEVING PROCESS

- Join a support group
- Maintain a normal routine
- Make a scrapbook, garden, or go on a hike
- Join a new community or meetup group
- Explore a cause you believe in
- Give yourself time
- Talk to a friend
- Exercise (walk, yoga, tai chi)
- Make yourself healthy meals
- Be patient
- Write in a journal
- Return to your hobbies
- Get back to the things that bring you joy



Grief is different for each person. You will find the healing process takes time. Know that you and your grandchild will have good days and bad days. While you are grieving it is important to manage your pain and sadness in healthy ways. There are people out there to help if you need more support.

Here are some links to affordable family counselors:

- <https://www.portlandtherapycenter.com/benefits/sliding-scale-affordable-therapy-50-and-under>
- <https://portland-therapist.org/fees/>
- <https://www.opencounseling.com/oregon/portland>
- <https://openpathcollective.org>



Ties That Bind is a program of the Jessie F. Richardson Foundation. With this program, we aim to connect grandparents and kinship caregivers with the resources they need.

Visit us at <http://tiesthatbindor.org/> for more.