



Managing Life's Losses

"The deeper that sorrow carves into your being the more joy you can contain." - The Prophet, K. Gibran

Grief and loss can come from losing a person, a relationship, a pet, a dream, a lifestyle, moving countries, a job - even a positive change or a change of your choice may create feelings of loss. When you lose whatever it is that once was important to you, or when you change from ways that were once familiar to you, the grief process arises. If someone is no longer in your life, something is no longer achievable, or familiar objects or lifestyles are no longer around, you may be:

- Struggling to cope with the changes in your life?
- Finding it hard to move forward with your life in a healthy and positive way?
- Feel like you're on an emotional roller coaster or going crazy?
- Believe that, or are being told that you should be over it by now?

Loss comes in many ways, shapes and forms, and can be cumulative as we live our lives. However it happens, loss needs to be supported, managed and expressed in a healthy way, rather than 'stuffed away' or suppressed. This may lead to further physical complications, disconnection, even depression.

Experiencing grief can have you feeling as if you are on a 'roller coaster', chaotic and confused, strong one minute - lost and hopeless the next, physically sick and in pain. It is not a linear process, and may feel like its two steps forward and one back at times, yet it too does pass.

Unless we process grief and loss appropriately for ourselves it can dramatically impact how we manage other areas of our life as we try to move on. To integrate these experiences into our life it is most useful to experience our own personal grieving process, at our own pace, in order to move forward in a healthier way in life.

Psychotherapy and counselling can offer you significant support through grieving. I encourage you to contact me if any of the above has meaning for you when I will be happy to share with you how the counselling process may work for you.

Further Resources:

Coping with Grief - M. McKissock & D. McKissock
ABC Books ISBN 0-7333-0438-9