

Danger Signals on the Journey

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The journey through grief, like any other journey, can be dangerous at times. Like any trip you take, there isn't one perfect road map. This is an uncharted course with hidden dangers.

Here are some of them.

Overwork or overactivity:

Work and some productive activity are good antidotes for grief. However, spending excess hours at work or getting involved in a lot of things right away tends to sap the energy you need to grieve. As a result, you may experience a delayed reaction a year or two after the death. It is better to deal with it sooner rather than later.

Over-medication:

I believe there are times when a doctor's prescription can help us through difficult times. Sleeping pills and mild antidepressants often help people get over the rough patches near the beginning. However, if you allow yourself to become dependent on them, you severely limit your ability to move on to a new, productive life.

Well-meaning people!

I think it is safe to say that people you know want to help you. But they often say the most ridiculous things! In the early months following a death, someone may say to you, "Oh, are you still crying?" or "Aren't you over this yet?" or "Have you started to date yet?" It will help you to understand that the journey through grief isn't overnight and that people, for the most part, don't understand that it takes a long time.

Alcohol or drug abuse:

The abuse of alcohol or nonprescription drugs can impair your ability to reason clearly. Your ability to process this loss and to begin to make productive decisions about your life will also be impaired.

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