

HOSPICE *of the* VALLEY
Bereavement Literature

I HEREBY RESOLVE:

- That I will grieve as much and for as long as I feel like grieving and that I will not let others put a time-table on my grief.
- That I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving.
- That I will cry whenever I feel like crying, and that I will not hold back my tears just because someone else feels I should be “brave” or “getting better” or “healing” by now.
- That I will talk about my loved one as often as I want to, and that I will not let others turn me off just because they can’t deal with their own feelings.
- That I will not be afraid or ashamed to seek professional help if I feel it is necessary.
- That I will try to eat, sleep and exercise every day in order to give my body strength it will need to help me cope with my grief.
- To know that I am not losing my mind and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are normal parts of the grief process.
- To know that I will heal, even though it takes a long time.
- To let myself heal and not feel guilty about feeling better.
- To remind myself that the grief process is circuitous – that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that “slipping backward” is also a normal part of the grief process and these moods, too, will pass.
- To try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts so eventually they can become a habit.
- That I will reach out at times and try to help someone else, knowing that helping others will help me to get over my depression.
- That even though my loved one is dead, I will opt for life, knowing that is what my loved one would want me to do.

–Nancy A. Mower, in Bereaved Parents Share