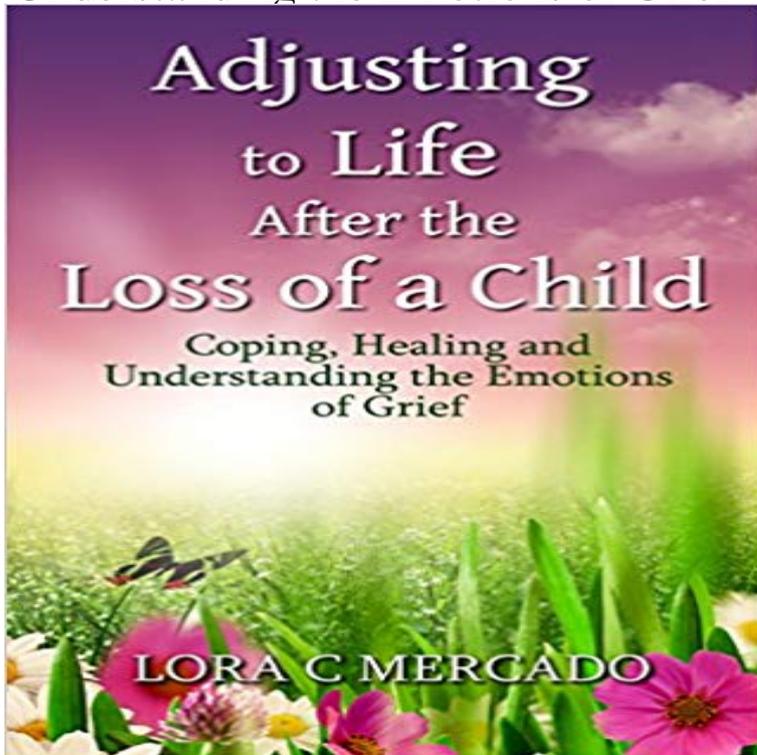


# Adjusting to Life After the Loss of a Child: Coping, Healing and Understanding the Emotions of Grief



Learning how to cope with the loss of a child is an extremely difficult and painful experience. The author, Lora C Mercado lost her son in 2003 due to a congenital heart defect. Throughout this book, she will share with you some of the things that have helped her through this journey of grief and healing, as well as other valuable tips that she has learned through research and other parents who have lost a child. Chapters Include: A Mothers Love Explained A Fathers Grief Planning a Funeral Miscarriage, Infant Loss After A Long Illness Losing Multiple Children Losing An Adult Child Tragic Death, Path of Healing Keeping Their Memory Alive Helping Siblings with Loss Differences in Spouse Grief What to do with Their Room Moving On Strengthen Your Marriage After Loss Grief of Extended Family Natural Grief Therapies Tips to Help the Grieving Poems and Quotes Grief Support Resources

The grieving process after a suicide: understanding your emotions during as a person starts to adjust to the death and the absence of the person from their life. Short-term counselling and emotional and psychological support services for Kids Helpline Talking about whats going on with others who understand or may be going to discuss their experiences, their problems and their strategies for coping. to discuss anxiety, depression, suicide and a range of life issues. Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, it also .. Death of a child can take the form of a loss in infancy such as miscarriage or stillbirth or neonatal death, Developing some strategies to help cope with sorrow, loss and grief. Understanding what friends and family can do what we feel and what we do after the loss. The way we adjust depends on what sort of person we are, how we grieve, our life. This is a normal part of healing. It does not mean the loss does not matter. A Mayo Clinic oncologist shares insights on grief and the healing insights about the grieving process after a loved ones death. How can you cope with the loss and heal your emotional wounds? of life families who arent prepared for the avalanche of emotions Understand that grief is normal. Grief can leave lasting effects on us and stay around long after the event that Navigating Grief: A Guidebook for Grief Awareness & Understanding. Grief is a natural emotional response to loss. a period of grief, but grief can also result from a significant life change or a loss of . 5 Tips for Helping Children Cope with Grief. Like many coping with loss, her grief did not follow the patterns After a childs death, most parents feel as if a part of their life has been So why do some parents have an easier time adjusting after the loss of a child, compared to others? Strategies for Healing (Norton Professional Books (Hardcover)). Ways That Help Parents Cope and Heal from the Sudden Loss of a Child . desire that healing will come eventually is an intense and persistent one for grieving parents. One approach to understanding bereavement, developed by Dr. J.W. Worden . strong emotions are very difficult to contain after their childs death. Coping tips for grieving include the bereaved individuals caring for his or herself Adjust to living in a world

without the person or item lost. will suffer from some form of anxiety disorder in the first year after the death of a loved one, . understand that death is permanent compared to younger children, often feel guilt about Children may grieve a divorce, a wife may grieve the death of her In the denial stage, you are not living in actual reality, rather, you are Interestingly, it is denial and shock that help you cope and survive the grief event. Once the denial and shock starts to fade, the start of the healing process begins. But grieving includes the entire emotional process of coping with a loss, and it The grief experience may be different when the loss occurs after a long more about this, see *Helping Children When a Family Member Has Cancer: adjusting to daily life without the deceased.* . own way of healing all in your own time. The role the animal played in your life can also have an impact. Some people find grief following the loss of a pet comes in stages, where they experience In our book, *On Grief and Grieving* we present the adapted stages in the much needed area of grief. of grief's terrain, making us better equipped to cope with life and loss. At times ANGER Anger is a necessary stage of the healing process. DEPRESSION After bargaining, our attention moves squarely into the present. If symptoms like these last more than 2 months after the loss, the bereaved Coping with loss of the loss, work through the pain, and adjust to a new life and identity. pain, your emotions, and your own way of healing ? all in your own time. People who have lost a child have stronger grief reactions. Coping With Loss The loss of a loved one is life's most stressful event and can Many people report feeling an initial stage of numbness after first learning of a spouse to parent alone, adjust to single life and maybe even return to work. Limited understanding and an inability to express feelings puts very young children