



NTSAD FAMILY CONNECTIONS

For Newly Bereaved Families | Month Two

Journaling Through Grief

BY BONNIE DAVIS, ADAM'S MOM

Your thinking is cloudy and your thoughts are jumbled. You can't remember things from one moment to the next. Sleeping is difficult and you feel irritable and exhausted. Everyday activities seem like gargantuan tasks. You feel intense sadness and pain, and your grief is all you can think about right now. These are just some of the feelings you may be experiencing in the first days and weeks after your child dies.

"Getting your thoughts and emotions on paper can help process the grief."

This is all part of the normal grieving process. Something that many parents have found beneficial to manage this disorganized thinking and emotional upheaval, is to write it all down. Getting your thoughts and emotions on paper can help process the grief. It can be cathartic, providing some emotional release. It is important to be aware that journaling may make you more emotional. Perhaps it will make you cry even more. But that's ok. Journaling is a safe, judgement-free place to explore your jumbled thoughts and feelings. It is a way to remember your child, and gives you something to look back on to recall your grief journey, and see your progress through the process.

There are no rules to journaling. You can write free-form and just get all of your thoughts down on paper (or a computer screen). The internet has many places to find writing prompts. Perhaps you would prefer to purchase a grief journal. Other ideas might include writing a letter to your child, or creating a list of all the wonderful things you remember about your child. Write freely about things you feel you can't share with anyone else. You don't need to filter, edit, or explain. You can be raw, authentic and explore your grief and grief responses. Journaling through grief can help you to reflect and understand your thoughts and emotions at this most difficult and painful time. Perhaps you'll consider giving it a try.

"Grief doesn't need a hero, it just needs a friend."

- Oralea Marquardt

Resources:

The Good Grief Journal

In this companion journal to Good Grief, the reader is guided through exercises to: "Discover your own wisdom about your grief". Every loss deserves a fitting grief," Jill Alexander Essbaum assures us in The Good Grief Journal. From that beginning, she offers a path for those who grieve. Find both **Good Grief** and **The Good Grief Journal**, [here](#).



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Disclaimer: The content of this newsletter is intended for support purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your healthcare provider with any questions you may have regarding a medical condition.



Becoming Familiar with Grief Reactions

BY SARA SCAPAROTTI, JOEY'S MOM

The effects of grief can show up in many ways. In the following exercise you'll assess the various ways your grief may be presenting. When you're ready, please take a few moments to circle all that are true for you at this time. This will assist you in understanding that your grief behaviors are normal, guide you in navigating your next days with compassion, and gathering appropriate tools and resources for your own unique healing journey. Over time the list will change, and so will you. Remember, you are not alone and you will make it through this.

You can view the grief presentation exercise [here](#).



An Additional Resource for Families

BY MONICA GETTLEMAN, BROOKE'S MOM

You may find that into the second month of your child's diagnosis, friends and family may have stopped bringing over meals and groceries. With so much on your mind already, the last thing you likely want to think about is grocery shopping and planning dinners.

A meal delivery service can help take this burden *off your plate*, so to speak. Companies such as Door Dash, Grubhub, and Uber Eats deliver ready made meals from you favorite local restaurants right to your door. A meal delivery service is one small way to help take the hassle out of planning, grocery shopping and even cooking dinner.

NTSAD would like to provide your family with a gift certificate for a delivery service of your choice in the amount of \$100. Whenever you are ready, please reach out to [Diana](#) or [Becky](#) and let them know it would be a good time to utilize your gift certificate. You'll then be sent an e-gift certificate to use at your convenience.

During this hectic time of living with your child's passing, we hope this gift card can help alleviate the burden of worrying about a few upcoming meals.

"Sometimes the smallest things take up the most room in you heart." - Winnie The Pooh