



NTSAD

# NTSAD FAMILY CONNECTIONS

For Newly Bereaved Families | Month Five

## Harnessing Your Body's Natural Coping Resources

AN EXCERPT FROM THE TREASURE COAST HOSPICE BEREAVEMENT PATHWAY NEWSLETTER, ISS. 2

Your body has a natural ability to heal itself. Crying, sleeping and breathing are three of the body's natural healing resources. Just as you need extra sleep when you are ill or would not remove the scab from a wound that is healing, you should allow yourself to cry and rest as needed. Working with, not against, the body's natural healing resources, is essential for coping with loss.

Each person's experience with grief is as unique as the loving relationship they mourn. There is no right or wrong way to grieve, and no two people cope with loss in the same way. Within each of us is the ability to overcome difficulties and each of us will do so in our own way and in our own time. Listen to the inner guidance that tells you what you need, what you can do, and what you are not ready to attempt.

### Anger In Grief

BY BECKY BENSON, MISS ELLIOTT'S MOM

I've always been drawn to the quote, "*I sat with my anger long enough, until she told me her real name was grief*". While the source of these words is unknown, the sentiment resonated with me, and my grief experience quite strongly.

Unfortunately, while researching a piece on anger in grief I couldn't find anything that I felt accurately described what I was feeling. Most articles point to anger stemming from being angry at a loved one for leaving you behind, or classifying it as coming from a complicated relationship one must have had with the deceased.

Neither of these scenarios applied to the loss of my child. I was angry she was gone, yes, but I was not angry at her because of it. And, our relationship wasn't complicated, it was as simple as a relationship could be: we were mother and child. *continued on page 2*

"Simple kindness to one's self and all that lives is the most powerful transformational force of all."- David R. Hawkins

## Resources:

### More Information on Coping Mechanisms

According to GoodTherapy.org, "Coping mechanisms are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions." For more information on helpful coping mechanisms visit [Good Therapy](https://www.goodtherapy.org).



### Contact Us:



**Diana Pagonis**  
Director of  
Family Services  
[diana@ntsad.org](mailto:diana@ntsad.org)  
(617) 458-9013



**Becky Benson**  
Family Services and  
Conference Coordinator  
[becky@ntsad.org](mailto:becky@ntsad.org)

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.



continued from page 1

What I was angry at is the disease that took her from my arms. I was angry over the way it was ravaging her body. Angry at the loss of the life I had planned for her. Angry she wouldn't get to do all the things her sister was able to do. And, I was angry that she was no longer here with me.

Regarding these particular aspects of my grief, I realized I had very short fuse in coming to terms with them. While I was working through my anger, I needed much grace from those around me. I know there were times when I wasn't pleasant (to put it mildly), but it felt as though I couldn't help it. The anger welling up inside of me had to be channeled in some way. What I needed to find was a constructive and healthy way to address it.

Below are three ways to cope with anger as part of grief. The following portion was taken from, [psychcentral](#) and was written by, Andy M. Davidson, Psy.D.

### **1. Recognize You're Not Yourself**

*You're coming to grips with the "new normal". Remember: When normal people go through abnormal events, they tend to act abnormally. Repeat this in your head, then say it out loud.*

### **2. Express Your Anger**

*That's right, say it. Anger is normal, but what you do with it is either constructive or destructive. Lashing out is destructive but holding it in can be equally destructive. By recognizing it early you can deal with it in a constructive manner: "Strike while the iron is COLD." Give yourself some time to cool down.*

### **3. Ask for Forgiveness**

*This is the hardest one and the one that makes me angry the most. But, it's the one that brings the most release. Practice grace. While you're grieving, you find out that life is all that matters, all else is vanity. The only way to let go of anger is to ask for and grant forgiveness.*

## **By The Book - Writings on Grief**

TAKEN FROM [BBRAVEFOUNDATION.ORG](#)

### **It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand**

Book by Megan Devine

### **Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies**

Book by Alan D Wolfelt

### **Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers**

Book by Alan D Wolfelt

### **A Grief Observed**

Book by C.S. Lewis

### **A Grace Disguised: How the Soul Grows through Loss**

Book by Jerry L. Sittser

### **Lament for a Son**

Book by Nicholas Wolterstorff

View these titles and more at [www.bravefoundation.org](http://www.bravefoundation.org).