

ናይ ሓዘን መምሪሒ እትፈትዎ ሰብ ከምት እንክሎ ምሕዛን

እዚ ሰነድ እዚ ከይዲ ምሕዋይ ሓዘንኩም ንክጅምር ይሕግዝ።

ሓዘን ሓደ ጠቓሚ ዝኾነ ነገር ብሞት ክንስእኖ ከለና ዝመፅእ ተፈጥሯዊ ግብረመልሲ እዩ።

ብጣዕሚ ንፊትዎ ሰብ ብሞት ክፍለየና እንክሎ ኩላህና ብባዓልና መንገዲን ቐልጣፊን ንሓዘን። ብከመይን ንክንደይ ግዘን ከምንሓዘን ብርክት ብዘበሉ ተሞክሮታት ሂወትና፣ መንፈሳዊ እምነታትና፣ ንወጥሪታት ንህበም ዘለና ግብረ-መልሲታትን ምስ ሰባት ዘለና ርክባትን ኣብ ከይዲ ኣተሓዛዝናና ፅልዋ ክገብሩ እዮም።

ትክክለኛ ወይ ካዓ ጌጋ ዝባሃል ከይዲ ኣተሓዛዝና የለን። ገለና ኣተሓዛዝናና ብዕሊ ንገልፅ፣ ምስ ካልኣት ሓዘንተኛታት ክንከውን ከለና ማቻ ይህበና። ንዘንፈትዎም ሰባት ኣዘከርቲ ንዘኾኑ ነገራት ኣብ ቀረባና ነቐምጦም። ካልኣትና ካዓ ቢዮንና ምዃን ማቻ ይስማዓና፣ ንሞት ኣዘከርቲ ካብ ዝኾኑ ነገራት ንርሕቕ። ንገለና ካዓ ባህላዊን እምነታዊን ተግባራት ሓዘንና ንክንርስዕን ቀደም ናብ ዝነበርናሉ ኩነታት ንክንምለስን ይሕግዝና።

ከይዲ ሓዘንኩም ክትጅምሩ ከለኹም ታይ ክፍጠር ከምዝኽእል ቀደምኩም ምግማትኩም ቢዮንኩም ከይትኾኑን ስቓይ ሓዘንኩም ክንከየልኩም ይሕግዝ።

እዚ ስምዒት ኣብ ኩሉ ሰብ ዘሎ ምዃኑውን ንምፍላጥ ክሕግዘኩም እዩ።

ከይዲ ኣተሓዛዝና ነዊሕ፣ ዝሓልፈን ዘሳቕይን ክኸውን ይኽእል። ሓዘንን ናፍቕትን ክስማዓኹም ዝኽእሉሉ ብርክት ዝበሉ እዋናት ክህልው ይኽእሉ እዮም። ብርክት ንዘበሉ ሰባት ከይዲ ሓዘን ናይ ጥንካረን ብምዕባላ-ዝተመልእ ልምዲውን ክኾነሎም ይኽእል። ሓዘንኩም ብፍላይ ሓዱሽ እንተተኾይኑ ነዚ ንምእማን ከቢድ ክኸውን ይኽእል። ንባዓልኩም ብሓዘን ከይትጎድኡ ትጠንቀቑ።

ድሕሪ ሞት (ወዲያውኑ)

ናይ ምድንጋፅን ምድንዛዝን ስምዒት ክስማዓኩም ይኽእል።-ሞት እሙን /ሓቂ ምዃኑ ኣስዒቡ ናይ ምድንጋፅን ነዚ ሞት ኣሚንካ ዘይምቐባልን ስምዒት ክስማዓኩም ይኽእል። እዚ እም ስምዒታት ሓገሩ ካብ ዝኾነ ስምዒት ቓንዛ ክከላኸሉልኩም እዮም። ካልኣት ሰባት ካዓ ዝፈትዎዎምን ኣብ ስቓይ ዝነበሩን ሰባት ክሞቱ እንክለው ናይ ምግልጋል ስምዒት ይስምዖም። ምክንያቱ ካዓ መዋታይ ካብ ስቓይ ስለዝተገለገለ። እዚ እም ስሚዒታት ዝተለመዱ እዮም።

ምሕዛን

እትሓርቑሉ እዋን ክህልው ይኽእል። ሕርቓን ሓጋዚ ካብ ዘይምዃን ስምዒትን ምስ ንኩነታት ካብ ዘይምቁፃር ስምዒት ተዳሓሊዙ ካብዝመፅእ ፍርሒ ክበገስ ይኽእል። እትፈትዎ ሰብ ሽለል ክበለኩም እንክሎ'ውን ክመፅእ ይኽእል። ሕርቓን ከይዲ ኣካል ሓዘን እዩ። እቲ ከቢድ ነገር ግን ከመይ ከይርጋ ሰላማዊ ብዝኾነ መንገዲ ንምግላፅ ኣብ ምምሃር እዩ።



ንዘይኮነ ነገር ኣይተወለድናን፣ ንዘይኮነ ነገር ካዓ ኣይንሞትን።

ንቡርነት ከይዲ ኡደት እዩ። ንዓቕን መበገሲን መወዳእታን /ዓራት ንምዕቃን ክንምደብ ከለና ንገን።

- ማኑኤል ኣኩና



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ፈለግ ንሞት አስዲቡ ናይ ገበነኛነት ስምዒት ክስማዓኩም ይኽእል። ድሕሪ ልትወሰነ እዋን ግን እቲ ዝሓለፈ ነገር ከምዝሓለፈን ንባዓልኩም ምውቓስ ንዝትፈትውዎ ሰብ (ንመዋታይ) ብሂወት ከምልሰልኩም ከምዘይክእል ምምሃር ትጅምሩ ኢኹም። እትሓርቐሉ እዋን ክህልው ይኽእል። ሕርቓን ሓጋዚ ካብ ዘይምዃን ስምዒትን ምስ ንኩነታት ካብ ዘይምቁፅፃር ስምዒት ተዳሓሊዙ ካብዝመፅእ ፍርሒ ክብገስ ይኽእል። እትፈትውዎ ሰብ ሸለል ክብለኩም እንክሎ'ውን ከመፅእ ይኽእል። ሕርቓን ከይዲ አካል ሓዘን እዩ። እቲ ከቢድ ነገር ግን ከመይ ከይርጋ ሰላማዊ ብዝኾነ መንገዲ ንምግላፅ ኣብ ምምሃር እዩ።

ፈለግ ንሞት አስዲቡ ናይ ገበነኛነት ስምዒት ክስማዓኩም ይኽእል። ድሕሪ ልትወሰነ እዋን ግን እቲ ዝሓለፈ ነገር ከምዝሓለፈን ንባዓልኩም ምውቓስ ንዝትፈትውዎ ሰብ (ንመዋታይ) ብሂወት ከምልሰልኩም ከምዘይክእል ምምሃር ትጅምሩ ኢኹም።

ንሓዘን አሚንካ ምቕባል

ንዝትፈትውዎ ሰብ ምሚቱ አሚንኩም ምቕባል ክትጅምሩ ከለኹም ዓቕሊ ፅበትን ተስፋ ናይ ምስኣን ስምዒትን ክጅምረኩም ይኽእል። ኣብዚ ግዜ እዚ ፅንዓት ንምርካብ ሓገዝ ናይ ካልኣት ሰባት እትደልይሉ እዋን እዩ።

ንሂወትኩም ከምባሓድሽ ምሕዳስ

ኣብ ዝኾነ እዋን መብዛሕቲኦም መዓልቲታት ካብ ሓዘን ብዘይዳ ሕጉስ እትኹሉ መዓልቲታት ክመፁ እዮም፤ ናብ እዋን ምስትኽኻል/ምሕዋይ እትሰግሩሉን ንሓዘንኩም አሚንኩም እትቐበሉሉ እዋን ከመፅእ እዩ። ዋላኳዕ ናብቲ ቐድሚ ሕጅ ናብ ዝነበርኩሙሉ ኩነታት ኣይኹንምበር ትርጉም ንዘለዎ ሂወትን ንሽቶ/ዓላማ ምንባር ክትጅምሩ ኢኹም።

ግብረ-መልሲ ናይ ሞት

ሓዘን ንባህሪ/ፀባይ ይቐይር። ዕረፍቲ-አልቦን ብቐሊሉ በኻይን ክገብር ይኽእል። ልዕሊ ዓቕን ወይ ከዓ ትሕቲ ዓቕን ንኽትበልዑውን ክገብር ይኽእል። ፀገም ድቃስ ምስኣን ከምፅእ ይኽእል።

ኩነታት ኣተሓሳስባና ክቐየር ይኽእል። ፀገም ምብትታን ናይ ሓሳባት ወይ ከዓ ግራ ናይ ምእታው ኩነታታትውን ክፍጠሩ ይኽእሉ። ንከይዲ ምሃብ ውሳነውን ከቢድ ክገብር ይኽእል። ዘሕዝቡ ዝካረታት ወይከዓ ኣብ ውሽጢ ዓቕሊ ፅበት ክእትዎና ይኽእል።

ሞት ንዘይተለምደ ሓዱሽ ስምዒት ክፈጥር ይኽእል። ስምዒታት ፍርሒን ሓዘንን ዝተለመዱን ተፀባይትን እዮም። በይንኻ ናይ ምዃን፣ ስቕበሃላይነትን ሓጋዚ-አልቦነት ስምዒታት ክስማዓኩም ይኽእሉ እዮም። ስምዒት "ሕርቓንን" ነፍረይነትን ክስማዓኩም ይኽእሉ እዮም። መብዛሕቲኦም ሓዘንተኛታት እጅትውዎም ንዝነበሩ ሰባት ንዝገበሩሉምን ንዘይገበሩሉምን ነገራት ናይ ምጥዕዓስ ስምዒት ይስማዖም። ሓደ ሓደ ሰባት ካዓ ድሕሪ ሞት ናይ ምግልጋል (ምቕሳን) ስምዒት ይስማዖም።

ሓደ ሓደ ሰባት ኣብ ጥዕና ኣካሎምውን ለውጢ የሪኡ እዮም፤ ንኣብነት ፀረውረውታ፣ ድኻም፣ ናይ ኣፍ ምድራቕ፣ ሕማም ርእሲ፣ ዘይስሩዕ ትርግታ ልቢ፣ ምዕባስ (ሕፅረት ትንፋስ)። ስምዒታት ምጭባጥ ናይ ከብድን ኣፍልቢን ካብ ፍርሒን ዓቕሊ ፅበትን ዝመፀ ክኸውን ይኽእል።

ኣብ ልዕሊ ሂወት ማሕበረሰባምን ኣብ ርክቦምውን ለውጢ ክሪኡ ይኽእሉ እዮም። ንኣብነት ንውሕ ንዝበለ እዋን ኣብ ትሕቲ ካልኣት ሰባት ናይ ምዃን ወይካዓ ኣርዑኽታይ ኣይተረደኡኒን ኢልካ ናይ ምእማን ስምዒት። ብናቶም ስምዒት ታሕጓስ ምቕናእ ወይካዓ ብሓጎሶም ምቕናእ።

ደረጃታት ከይዲ ኣተሓዛዝና

ዋላኳዕ ሕድሕድ ግብረ-መልሲና ዝተፈላለየ እንተኾነውን ልተወሰኑ ናይ ሓባር ከይዲ ኣተሓዛዝና ደረጃታት ኣለው። ካብዚኦም ኡደት ደረጃታት ክንኣትውን ክንወፅእን ንኽእል። ኩሉ ሰብ ግን ኣካል እዚኦም ከይዲታት ክኸውን እዩ። ኣብ ውሽጢ እዚኦም ደረጃታት ምሕላፍ ናብቲ ቐድሚ ሕጅ ዝነበረና ሂወት ንኽንምለስን ንሞት ኣሚና ንኽንቐበል ይሕግዘና።



ልክዕ ድሕሪ ፀልማት ብኣሻይሕ ዝቐፀሩ ብርሃናት ከምዝመፁን ከምዝንፀባርቑን ድሕሪ ተስፋ ምቁራፅ ብዙሓት ተስፋታት ክመፁ እዮም።

- Rumi

ነገር ግን ብዙአም ደረጃታት ብቅድም ስዓብ ከይሓላፍና ንተርፍ ንክእል፡፡ብካልእ ናይ ሂወት ክስተቶም ተደሪኹም መብዛሕቲአም ሰባት ናብ ቅድሚትን ድሕሪትን ብምባል ብውሽጢ እዚአም ደረጃታት ክሓልፉ ይክእሉ፡፡ ሓደ ሰብ ብተመሳሳሊ ከይዲ ኣተሓዛዝና ክሓልፍ ይክእል፤ ነገር ግን ዓቕን ሥምዒት ናይ ሓዘኑን ስምዒቱ ዝፀንሐሉ እዋንን ቐስብቐስ እናተምሓየሽ ይመፅእ፡፡

እዚአም መሪር ስምዒታት ንክስማዓኩም ምፍቃድኩም ብከይዲ ስምዒታትኩም ንክዝሕል ይሕግዘኩም፡፡ ዓሚቕኩም እንተሓዘኩም-ዎ ግን ይጥንክር፡፡ ኣብ ውሽጢ ከይዲ ሓዘን እንተሓሊፍኩም ኣብ ልዕሊ ስምዒትኩም ተኣምራዊ ለውጢ ክትሪኩ ኢኹም፡፡

ኣብ ሓዘን ምሕዋይ

ሓዘን ንኣትኹሮትን ሓይልን ዝደሊ ከቢድ ስራሕ እዩ፡፡ ስነ-ስርዐት ሓዘንኩም ኮምውን መንፈሳዊን ባህላዊን ልምዲታትኩም ሓዘናትኩም መልክዕን ኣትኹሮት ንክህልዎ ይሕግዘኩም፡፡

ኣብ ሓዘን እንተኾይንኩም ብርክት ንዝበሉ ነገራት ኣብ ሓደ ግዜ ክተከናውኑ ኣይትክእሉን፡፡ ኣብ ውሽጢ መዓልቲ፤ኣብ ሰሙንን ኣብ ወርሒን ንምትግባር ንዝትክእሉዎም ቀለልቲ ዒላማታት ጥራይ ትልሚ ኣውፅኡ፡፡ መዓልታዊ ኣብ ትሰርሖዎም ተግባራት ጥራይ ጠመተ ግበሩ፤ኮሙ'ውን ንሓዘንኩም ኣቐድሙ፡፡

- **ብዛዕባ ሓዘንኩም ኣዕልሉ፡-** ንስምዒትኩም ምርዳእ፤ኣሚንካ ምቕባልን ነዚአም ስምዒታት እትገልፁሎም መንገዲታት ምእላሽ ከይዲ ሓዘንኩም ንክሓፀርን ንክትሓውዩን ይህግዘኩም፡፡
- **ንንቡር ሞት ምግፋጥ፡-** ንሞት ዘይምቕባል ንከይዲ ሓዘንኩም የናውሖ፤ንሓዘንኩምውን የሕምቑ፡፡
- **ንባዓልኩም ፅቡቕ ኩነቲርግእ በሉ፡-** ኣብ ከይዲ ሓዘንኩም ኣይትታሃወኹ፤ንሓደሽቲ ሓለፊነታት ኣይትቐበሉ፡፡
- **ንስምዒታትኩም ፍለጡ፤ግለፁዎም፡፡** ንሞት ኣሚንኩም ምቕባል ክትጅምሩ ከለኹም ከቢድ ስምዒት ክስማዓኩም ክጅምር እዩ፡፡እኒ ስምዒት ንክስማዓኩም ንባዓልኩም ፈቓደኛ ግበሩ፡፡ ንሓዘንኩም ግዜ ሃቡ፡፡ናይ ቀደም ስእሊታት ራኣዩ፡፡ናይ ቀደም ደብዳቤታትኩም ኣንብቡ፡፡ንምብካይ ንባዓልኩም ፅቡቕ ቦታን ግዘን ምረፁ፡፡ ምብካይ ልተወሰነ ቅሳነት ከምዝህብ እንተፈሊጥኩም ትግረሙ ትክእሉ፡፡ ብሓይሊ ብምንጋር ወይካዓ ምስ ክኢላ ኣማኻሪ ምዝራብ ሕርቓን ንክበርድ ግበሩ፡፡ ካልኣት ሰባት ብዛዕባ ሞትን ሓዘንን ከመይ ገይሮም ከምዝገዛዎሩዎ ኣብ መፅሓፍ ኣንብቡ፡፡
- **ሓዘንኩም ንካልኣት ሰባት ኣካፍሉ፡፡** ናይ ካልኣት ኣቕረብቲ ደገፍ ሓሳባትን ኣተሓዛዝናን ተቐበሉ፡፡ዓርኪ/መሓዛ ወይካዓ ስድራ እንተዘየለ ከመይ ምሕዘን ከምትክእሉ ዝሕግዝ ስልጡን ክኢላ ኣማኻሪ ምዝራብ ጠቓማይ ክኸውን ይክእል፡፡ መብዛሕቲአም ሰባት ምስ ጉጅለ ሓገዝቲ ናይ ሓዘን ምስታፍ ዝጠቅም ኮይኑ ረኺቦም ኣለው፡፡ሓሳባትኩም ንካልኣት ሰባት ምክፋልኩም ሓዘንኩም ተፈጥሯዊን ልሙድን ምጃኑ ትርዒት ኢኹም፡፡
- **ንኣካላዊን ስምዒታዊን ድልየትኩም ኣማልኡ፡፡** ንባዓልኩም ንምዝንጋዕ ኣናኡሽን ነገራት ተጠቐሙ፡፡ ምዕቡል መግቢታት ንምብሳልን ንምብላዕን፤እኹል ድቃስ ንምድቃስ፤ከሙውን መዓልታዊ ኣካላዊ ምንቅስቓስ ንምግባር ግዜ ሃቡ፡፡መስተን ኣሸሽን ኣወግዱ፡፡ እዚአም ነገራት ንከይዲ ሓዘንኩም የናውሖ እዮም፡፡
- **መዘከርታ ይሓዙ፡፡** ንስምዒታትኩም ኣብ መዘከርታ ምሓዝ ኣብ ምግላፅ ከቢድ ስምዒት ክሕግዝ ይክእል፡፡ ኣብ ልዕሊኹም ዝረእ ኣሎ ምሕዋይ ውን ልምምዝጋብ ይሕግዘኩም፡፡
- **ኣፀገምቲ ክኾኑ ንዝክእሉ ቦታታትን ተግባራትን ፍለዩ፡፡** በዓላት፤ዕለተ- ልደት፤ክብረ-በዓላትን ከሙውን ዋላ ልሙድ ናይ መግቢ ሰዓታት እንተኾኑውን ኣፀገምቲ በዓላት ክኾኑ ይክእሉ እዮም፡፡ ንመሪር ሓዘንኩም ከዘኻኸሩ ዝክእሉ ዝተፈላለዩ ቦታታት ንምውጋድ ትደልዩ ይኸውን፡፡ ነዚአም ኩነታት ኣቀዲምኩም ትልሚ ኣውፅኡ፡፡
- **ወትሩ ትገብሩዎም ንዝነበርኩም ነገራት ልምልዋጥ ልባዓልኩም ፈቓድ ሃቡ፡፡**ኩልግዘ እትገብሩዎም ዝነበርኩምን ብሰንኪ ሞት ንዝተቋረፀ ርክብኩምን ዘዘከራኹም ኣናኡሽቱን ነገራት ምቕያር ሓዘንኩም ንክወፅእልኩምን ሓደሽቲ ናይ ሂወት ጎደናታት ንክትጅምሩ ክሕግዘኩም ይክእል፡፡
- **ኣብ ሂወትኩም ንካልኣይ ግዜ ጠመተ ግበሩ፡-** ኣብ ዝኾነ እዋን ምስ ናይ ዓለም ማሕበረሰብ ንምትሕውዋስን ሓደሽቲ የርዕኹትታትን ልምምስራት ወይካዓ ሕጅ ንዘለዋኹም ርክባት ልምጥንኻር ድልው እትኾኑሉ ግዜ ክፍጠር እዩ፡፡ኣብ ከይዲ ውን ሓደሽቲ ትልሚታትን ንሂወትኩም ትርጉም እትህበሉ ኣጋጣሚ ክፍጠር እዩ፡፡

ቆልዑን ሓዘንን

ሓደ ሰብ ከሞት እንከሎ እቲ ሓቂ ንቆልዑ ንገሩዎም። ታይ ተፈጢሩ ከምዘሎ

ንኸይፈልጡ ንምሕባእ ምፍታን ንዶም ንነዊሕ ግዘ ይጎድኡም። ናይ ሞት ትርጉም ንህፃናት ታይ ምባል ከምዝኾነ ባህሊኹምን መንፈሳዊ እምነታትኩምን ከመርሐኩም እዩ።

- ንደቁኹም ዘለኩም ፍቕርን ሓገዝን ኣረጋግፁሎም። ሞት ብናቶም ጌጋ ዝመፀ ከምዘይኮነ ንካልኣይ ግዘ ኣረጋገግፁሎም።
- ኣብ ከይዲ መልቕስ ቆልዑ ንኸሳተፉ ግበሩ። ንሓዘንኩም ንክርእዩ'ውን ፍቕሩሎም። ስምዒቶም ንኸገልፁን ንኸሓቱን ኣተባብዑዎም።
- ንቆልዑትኩም መን ክኣልዮም ከምዝኸእል ሓብሩዎም። ንስሩዕ መዓልታዊ መደብኩምውን ኣካትቱ። ንኣብነት" ካብ ቤት ትምህርቲ ዝመልሰኩም ኣነ እዩ፤ ስራሕ ኣብ ዝውዕለሎም መዓልቲታት ግን ዓሞኹም ተ(ከ)ምፃኡኩም እያ(ዩ)። "
- ዋላኳይ ዝሓዘኩ እንተኾኑ'ውን ንቆልዑ መንእሰያት ድሕሪ ሞት ምስሓቕን ምፅዋትን ዝተለመደ ነገር እዩ። ከይዲ ኣተሓዛዝና ናይ ቆልዑ ካብ ናይ ዓበይቲ ይፈለ። ኣካላዊ ምንቕስቓስ ስምዒቶም ንኸገልፁን ሓይሊ ንኸቃፅሉን ይሕግዞም።
- ኣብ ዕድመ መንእሰይነት ዝርከቡ ቆልዑት ንሓገዝ/ደገፍ ናብ ማዕረ ዕድምዎም/ዓርዕኹም ምቕራብ ይፈትው። ንዶኡምውን ግዘ ይሃቡ፤ ንዕኡም ንምንጋር ፈቲኖም ፈቓደኛ እንተዘይኮይኖምልኩም ጊና ከይትሓርቑ።
- ቆልዑት ተፈተውቲ ምዃኖም ዘረጋግፁሎም ፣ ንድሕንነቶምን ማቓኦምን ዝቐርበምን ዝፈትዎምን ሰብ እንተረኺበም ካብ ሓዘኖም ቐልጢፎም ይሓውዩ።
- ቆልዑ ሓወይቲ እዮም። ንቆልዑትኩም መንታን ክትሕግዙን ባዓልኩም ሓገዝ ርኽቡ።

ንሓገዝ ምሕታት

ንነዊሕ ግዘ ዝፀንሕን ዝህውኹኩም ኣካላዊ ምልክት እንተድኣ ሃሊዩኩም ንዶኩተርኩም ምርኣይ ከድልየኩም ይኸእል።

ሓገዝ ደገፋት/ሃፍትታት

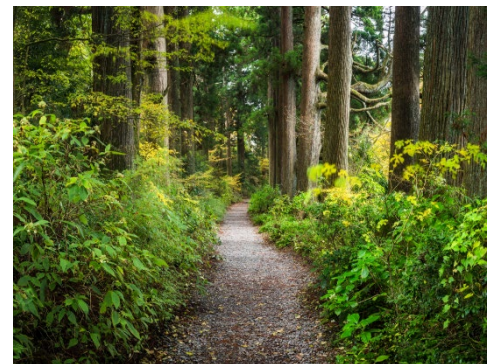
ኣብ መብዛሕቲኡም ኮሚኒቲታት (ትካላት ማሕበረሰብ) ብርክት ዝበሉ ፍልፍላት ሓበሬታን ደገፋትን ኣለው። ኣብ ውሽጢ እዚኡም ኣማኸሪታት፣ ናይ እምነት ኣበታትን ናይ መንፈሳዊ ኣማኸርትን፣ ጉጅለ ወሃብቲ ደገፍ ናይ ሓዘንን ወርክሾፓትን እዮም። ኣብ ቀረባኹም ኣብ ዘለው ቤተ-መፃሕፍቲ፣ ወይ መፅሓፍ መደብራት፣ ወይ ካዓ ኣብ ውሽጢ እንላይን ብዛዕባ ከይዲ ኣተሓዛዝና መሳሪሒታት ምርካብ ትኸእሉ ኢኹም። ናትኩም ናይ ማሕበረሰብ ተሓጋጋዚ ሰራሕተኛ (ሶሻል ዎርከር) ንመብዛሕቲኡም እዚኡም ነገራት ንኸትረኽቡ ክሕግዛኹም እዮም።

ሕቶታት?

ሕቶታትኩም ጠቐምቲ እዮም። ብክብረትኩም ሕቶ ወይከዓ ሪኢኦ እንተልዩኩም ደውሉልና።

ኣብ ሕክምና ዩኒቨርሲቲ ዋሽንግተን ኣተሓባባሪ ማዕኸል ሶሻል ዎርከን ኸንካነን:

- ቀፅሪ ማውንትሌክ ቴሬስ: 206.598.4370
- ቀፅሪ ኖርዝዌስት: 206.668.1304
- ሶሻል ዎርከ (ወሃብቲ ግለጋሎት ማሕበረሰብ) ኣብ ማእኸል ሕክምና ሃርበርቪው: 206.744.8030



ምሳይ ንዘየለውን ንዝፈትዎምን እናፍቆም፣ ጊና ንዶኡም ብምፍታወይ ዕድለኛ እዮ።

ኣብ መወዳእታውን እቲ ምስግና ንሞት/ሓዘን ሰዒሩ።

- ኣኖኒምስ

A Guide Through Grief

Mourning the loss of a loved one

We hope this booklet will help you begin the process of your healing.

Grief is a natural response to an important loss. When we lose someone dear to us, each of us grieves in our own way and at our own pace. Many things affect how we grieve, and for how long. Our ethnic backgrounds, cultures, personalities, life experiences, spiritual beliefs, responses to stress, and our relationships all may impact our grief process.

There is no right or wrong way to grieve. Some of us express grief freely, find comfort in the company of others, and keep reminders of loved ones nearby. Others find comfort in being alone, away from reminders of our loss. Still others find that cultural or spiritual rituals can help restore order and meaning.

As you begin your grieving process, knowing what to expect can help you cope with the pain and loneliness. It may help to know that your feelings are common.

The grieving process may be long, slow and painful. There may be many times when you feel sorrow and yearning. For many people, the grieving process may also be a strengthening and growth-filled experience. This may be hard to believe right now, when your grief is so new. Remember to be gentle with yourself.



***For out of nothingness we are not
born, and into nothingness we do
not die.***

***Existence is a circle, and we err
when we assign to it for
measurement the limits of the
cradle and the grave.***

- **Manuel Acuna**

Right After the Death

You may have a feeling of shock or numbness – shock that the death has occurred and denial that the loss is real. These feelings protect you from pain that can be overwhelming. Others report a feeling of relief that their loved one's suffering has ended. These feelings are common.

Feeling the Loss

You may have periods of anger. Anger can grow out of feelings of helplessness and frustration at not being able to control your situation. It can also come from feeling abandoned by your loved one. Anger is a part of the grieving process. The challenge is to learn to express it in healthy ways.

At first, you may also feel guilt related to your loss. Over time, you can learn to accept that the past is over and that blaming yourself will not bring your loved one back.



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digital copy of
this handout.

Recognizing That Your Loss Is Final

When you begin to accept that your loved one is gone, depression and despair can set in. This is the time to reach out to others for comfort.

Rebuilding Your Life

At some point, you will begin to have more good days than bad days, and you will move into a period of adjustment and acceptance. Although your life will never be the same, you can begin to find new meaning and purpose.

Reactions to a Loss

Loss may change the way you behave. You may be restless or cry easily. You may eat too much or too little or have trouble sleeping.

Thinking patterns may change. You might have trouble concentrating, or you might feel confused. Making decisions can be harder. You may dwell on sad memories or worries.

Loss can cause unfamiliar, new feelings. It is common to feel anxious and sad. You may feel numb, lonely, or helpless. You may be irritable or angry, or feel like you are “going crazy.” Many grieving people feel guilty about something they did or did not do for their loved one. After a death, some people even feel relieved.

Some may notice changes in their physical health, such as dizziness, exhaustion, dry mouth, headaches, pounding heart, or shortness of breath. Stomach problems or tightness in the chest may be related to tension and anxiety.

You may also notice changes in your social life and relationships. For example, you might depend more on others for a while or feel that your friends do not understand you. You may even envy or resent their happiness.



***After despair many hopes
flourish. Just as after
darkness, thousands of suns
open and start to shine.***

- Rumi

The Phases of Grief

Even though our reactions vary widely, there are common phases in the grief process. We can cycle in and out of these phases. Each one is part of the overall process. Moving through these phases helps you adjust to and accept your loss over time.

You may not go through these phases in order. Most people move back and forth between them, depending on other events in their lives. A person may go through the same phase of grief several times, but the intensity of the feelings and how long they last slowly lessen.

Letting yourself feel these strong feelings will allow them to lessen over time. If you hold them in, they may remain powerful. You may have dramatic changes in your emotions as you go through the grieving process.

Healing from Grief

Grieving is hard work that requires energy and attention. The grief rituals and traditions of your culture or spiritual practice can help provide structure and focus.

When you are grieving, you may not be able to do many tasks at once. Try setting simpler goals for what you can get done in a day, a week, or a month. Focus on what you do manage to do each day and try to make grieving a priority.

- **Talk about grief.** Recognizing your emotions, accepting them, and finding ways to express them can help shorten the grieving process and help you heal.
- **Face the reality of the loss.** Avoiding the loss may make the grieving process longer and even more painful.
- **Be gentle with yourself.** Try not to rush through your grieving. Try not to take on new responsibilities.
- **Acknowledge and express your emotions.** Strong feelings will come up as you begin to accept your loss. Allow yourself to feel them. Make time to grieve – look at old photos and read old letters. Give yourself a safe place and time to cry – you may be surprised to find that crying may bring some relief. Let go of anger by exercising vigorously or talking with a friend or counselor. Read books about grief and loss to find out how others cope.
- **Share your grief.** Accept sympathy and concern from those who can provide support. If close friends or family members are not available, consider seeing a counselor who is trained in helping people grieve. Many people find that attending a grief support group is helpful. By sharing insights with others, you can learn that your grieving is natural and normal.
- **Take care of your emotional and physical needs.** Find simple things you can do to nurture yourself. Take the time to prepare and eat balanced meals, get enough sleep, and exercise each day. Avoid alcohol and drugs – they can make your grieving process last longer.
- **Keep a journal.** Writing down your feelings can help you learn to express painful emotions. It can also give you a record of your progress.
- **Be aware of possible trouble spots.** Holidays, birthdays, anniversaries, and even ordinary meal times may be difficult. You may want to avoid special places that now are painful reminders of your loss. Try to plan ahead for these times.
- **Give yourself permission to change your routine.** Changing some of the little reminders and routines of your lost relationship may help you to grieve and begin to build a new life.
- **Refocus on life.** At some point, you will feel ready to re-enter the social world and begin to make new friends or strengthen current relationships. Over time, you will begin to create new goals and meaning for your life.

Children and Grief

Tell children the truth when someone dies. Trying to protect them by not telling them what happened can do lasting harm. Your own cultural and spiritual beliefs will guide what you say to children about the meaning of death.

- Assure your children of your love and support. Reassure them that the death is not their fault.
- Let children take part in the mourning process, and let them see your grief. Encourage them to express their feelings and ask questions.
- Tell your children who will be caring for them. Include them in plans for daily routines such as, “I will pick you up after school. On the days I work, Grandma will pick you up.”
- It is normal for young children to play and laugh shortly after a death, even when they are very sad. Children process grief in different ways than adults do. Physical activity helps them express their emotions and burn off energy.
- Teens are more likely to turn to peers for support. Be available for teens but do not be hurt if they do not want to talk with you.
- Children can recover from grief if they have loved ones they can depend on for comfort and security, who can reassure them that they are loved.
- Children are resilient. Get support for yourself so you can support your child.

Asking for Help

If you have physical symptoms that disturb you and that do not go away for a long time, you may want to see your doctor.

If it is becoming hard to manage your daily activities or to take care of yourself, talking with a counselor may help.

Helpful Resources

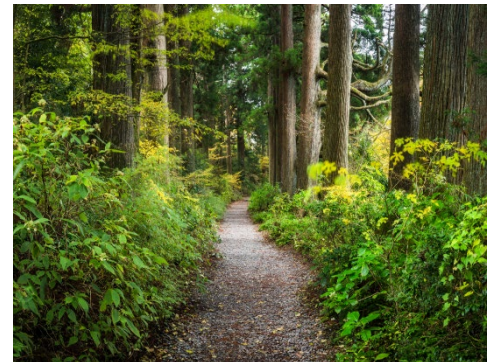
There are many sources of support and information in most communities. Some of these are counselors, clergy and spiritual advisors, grief support groups, and workshops. You can also find materials about the grieving process at your local library or bookstore, or online. Your social worker can help you find many of these resources.

Questions?

Your questions are important. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

- **Montlake Campus:** 206.598.4370
- **Northwest Campus:** 206.668.1304
- **HMC Social Work:** 206.744.8030



I will miss those I loved who are no longer with me, but I find I am grateful for having loved them.

The gratitude has finally conquered the loss.

- **Anonymous**