

Grief and Loneliness

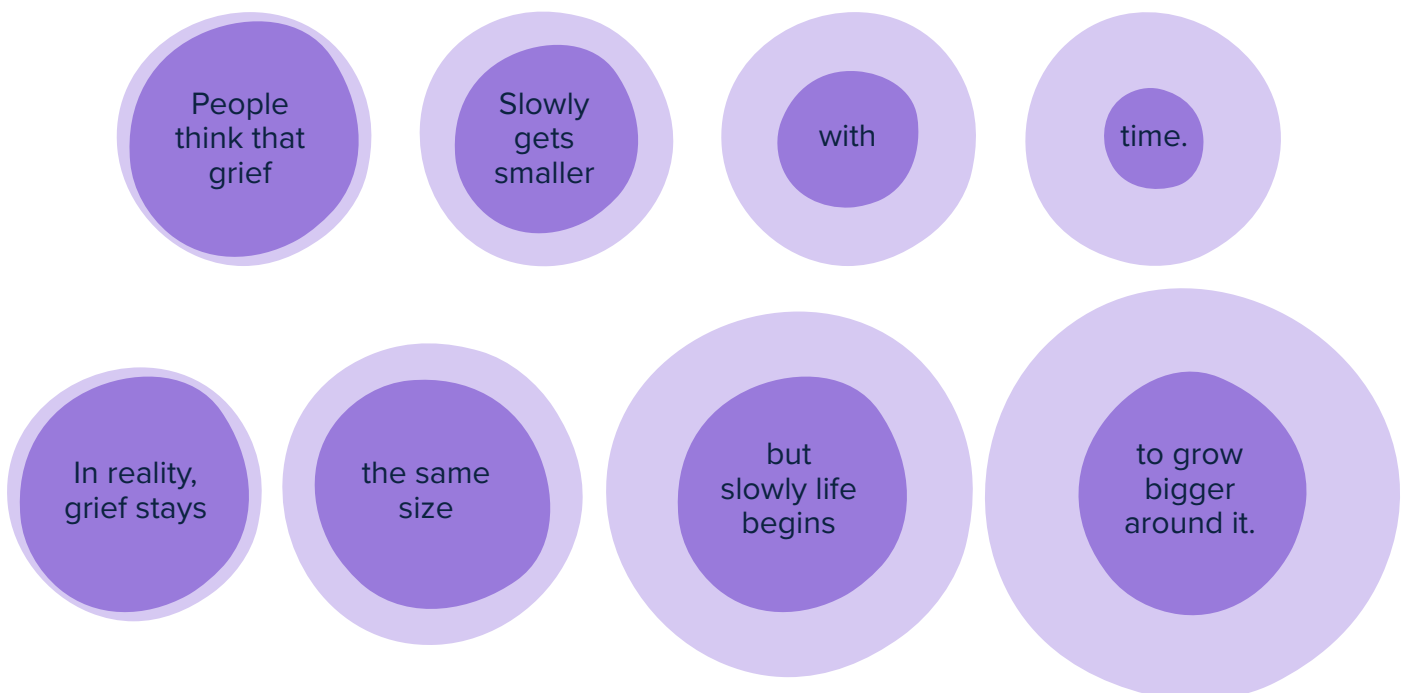
Life is all about relationships. We rarely deal well with the pain of separation from an important relationship. The separation of grief can make us feel lonely and different to others.

Loneliness can strike when we feel misunderstood, judged, dismissed or others seem to be living as if nothing has changed. It can happen in a crowd, a conversation, a family and even a relationship. Even though we may share a loss, our responses will be very personal and experienced differently. For each alone moment, you will need to find your own way to manage it.

Questions to ask yourself

- What is particularly challenging right now?
- What has helped me deal with difficult times in the past?
- What gives me meaning and purpose each day?
- Who can I turn to for support and connection?

Growing Around Grief (*Lois Tonkin, 1996*)



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Helpful hints and tips

- **Keep your connection to your loved one strong.** They will always remain a part of your life
- **Know your toughest times of the day** and think of 2-3 things you can do to help you through
- **Seek out someone** you can be totally honest with who understands you
- **Allow yourself to feel** all the pain / regret / anger / guilt / sadness
- **Express your feelings / get them out**
- **Fill the void** with something that will sustain you each day / give you a daily dose of comfort
- **Be kind to yourself** in all things / treat yourself as you would a friend
- **Remember you are dealing with the enormity of loss and grief / you are doing the very best you can any given moment**

Learn your way around loneliness.
Make a map of it. Sit with it...

- Elizabeth Gilbert, *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia*



Resources

[The Crippling Loneliness of Grief, The Grief Toolbox](#)

[Tips and tools for children and young adults, Griepline](#)

click on each resource to follow the link

