



Rick Alvey, Chaplain

“Misconceptions about Grief”

If you head out on a trip to a new location using directions that are wrong, you’re not going to arrive where you want to go, and you’re likely to feel frustrated, or even defeated. The same experience can happen with our journey through grief. So let me offer a few insights that might help.

Misconception 1: Grief and mourning are the same thing. Grief is all the internal thoughts and feelings we have when someone we love dies. Grief is like a container holding those thoughts and feelings. Mourning is when you take the grief you have on the inside and express or process it outside of yourself – it’s taking the lid off and sorting through those thoughts and feelings.

Misconception 2: Grief and mourning progress in predictable, orderly stages.

While many of the thoughts and feelings (grief) or how we process them (mourning) can be similar among different people, they are not experienced in a pattern that is always predictable. Some people experience fear first – others experience anger or disbelief. The key is to take whatever you are experiencing at the moment and process it appropriately.

Misconception 3: You should move away from grief, not toward it. Our society tends to avoid difficult/uncomfortable situations like grief. But taking the challenging journey through grief is the only way to move on with life in a positive way. The loss of a loved one will mean life is forever different; but whether that “different” is good or bad depends on whether we move through the grief or away from it.

Misconception 4: Tears are a sign of weakness. Many people today have the idea that

tears are negative and need to be avoided because “I need to be strong.” Shedding tears is NOT a sign of weakness. Expressing our emotions – including tears – takes courage and is a sign of strength. Tears are just one of the ways our bodies release the pain and hurt of losing a loved one and are healthy.

Misconception 5: Openly mourning reflects a weakness in our faith. A wise and faith-filled man named Paul wrote many years ago that “we grieve with hope.” Having faith that our loved one is in a better place and set free from the physical struggles of this life doesn’t mean we won’t be filled with heartache without them. As Paul expresses, we can both grieve and have hope.

*~ Adapted from materials by
Dr. Alan D. Wolfelt*

Having others around you who are understanding and supportive is essential. We hope you have such people in your life. But if you don’t, please know that we are here to share the journey with you.

The Reid Hospice Bereavement Group & Perinatal & Infant Loss Support Group times are listed on this newsletter. If you would like to join us for a session, give us a call! As you remember your loved one’s life, may you experience joy, peace and healing as your journey continues.

Reid Hospice Bereavement Group

You are invited to join us for an informal monthly support group with people who share the recent loss of a loved one. The Reid Hospice Bereavement Group meets in the Reid Outpatient Care Center, 1100 Reid Parkway. **If you plan to attend or have any questions, please call (765) 983-3344 or (888) 983-3344.**

Afternoon group

2:30 p.m. the third Wednesday of each month.

Evening group

6:30 p.m. the first Tuesday of each month.

Perinatal & Infant Loss Support Group

For families who have experienced ectopic pregnancy, miscarriage, stillbirth, or the death of an infant. We meet at 6 p.m., the third Tuesday of each month in Innovation Classroom C, 1100 Reid Parkway. **Please call (765) 983-3020 to confirm attendance if driving long distance, if inclement weather is possible or with any questions.**



Reid Health

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ReidHealth.org

holeness – in body, mind, and spirit – is basic to fulfillment of human potential. Reid Health and its people work with others to enhance wholeness for all those we serve.



Reid's mission