



THE COMPASS: Words from our Heart



Forecast for the Day:

“Early morning Tidal Waves of Emotion with a Heavy Fog Late Afternoon and Sudden Downpours All Day Long”

Does this sound like your day today? Our grief is a lot like the Weather.

- 1. IT AFFECTS EVERYONE.** Anyone who is capable of loving is affected by grief. If you lose someone or something you love, you will grieve. So not only does the weather affect everyone, so does grief.
- 2. WE CAN'T CHANGE IT BUT WE CAN ADJUST OUR LIVES TO IT.** Just as we can't change the weather, we can't change the fact that someone we love has died. Every day we have to adjust to the weather. Over time, you will learn ways to adjust to the loss.
- 3. IT CHANGES CONSTANTLY.** Just as the weather changes minute to minute, hour to hour, day to day, month to month, and season to season...so does grief. You may find:
 - ❖ When the death first occurs, you feel as though you've been hit by a **TIDAL WAVE**. There is a feeling of shock and numbness.
 - ❖ You are walking in a **FOG**. There is a sense of disorientation as you try to make sense of the loss and the changes that occurred in your life because of the loss.
 - ❖ Tears will flow like a **CLOUDBURST**. This is a healthy way of releasing the pressure that builds up from the multitude of feelings you have.
 - ❖ Periods of feeling “almost normal” come through like **GENTLE BREEZES**. These may be few and far between at first and they may surprise you. (You may even feel a bit guilty.)
 - ❖ Just as **LIGHTENING** strikes, a grief spasm will occur from out of the blue. It may be precipitated by a smell, a sound, a thought, a place or something you see.
 - ❖ Over time, a **RAINBOW** will appear. A rainbow is a sign of hope. Remember, it takes both the sunshine and rain to make a rainbow.

Adapted from Jolene Formaini, RN, MA, CT essay entitled, “Why I think Grief is like the Weather.”

A variety of VNA Bereavement Services are available free of charge to you and your family. Please contact us to learn more about how we can help.

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