



## YOU ARE NOT ALONE: BE BRAVE

### ARTICULATE YOUR THOUGHTS

Many of us in the bereavement sector are hoarders. We hoard our thoughts and our feelings. We keep them to ourselves and refuse to share them.

This seldom comes from a place of selfishness, but rather from a place of protectiveness and professionalism.

We do not want those around us, especially the families we serve, to become burdened by the worries we have reverberating around in our heads or the ensuing emotional mudslide that may follow.

This approach will most assuredly result in higher anxiety.



### TECHNIQUE:

The sharing of our thoughts and concerns with a trusted family member, friend, colleague or professional not only allows us to purge the confusion and pain, but it also invites someone else into the problem-solving process.

### YOU GO FROM “ME” TO “TEAM”



- 1 Begin with a mental stock taking: “Who in the entire world do I trust with my thoughts and my worries?” Mentally label them as “trusted” people in your life.
- 2 Reach out and request some time with them. It need only be brief but tell them why you want their time and listening ear. This is not simply a friendly chat.
- 3 Make a list of what you want to talk about. This ensures that your time is “focused time”.
- 4 When you are with them in person or virtually, remind yourself to be open with your information and equally so with their thoughts and ideas. **TALK!**
- 5 If there is no one you feel comfortable enough with in sharing your thoughts, then try articulating with a pen or a keyboard. Allow the traditional or electronic journal to help you to see what you are thinking and to process those thoughts.

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