

WHAT TO DO WHEN YOU'RE BLUE: THOUGHTS ON SORROW

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Signs of On-going Sorrow

Unwillingness to talk about loss

Refusal to accept a new reality (truth)

Preoccupation with the lost person or thing

On-going physiological stress reaction

Angry, aggressive acting out (physically or verbally)

Withdrawal & isolation

Guilt

Substance abuse

Workaholism

Directionless & ungrounded path

Inability to function as one had before the loss

MYTHS THAT COMPLICATE SORROW

- Being sad is a weakness.
 - If I start to feel, I will lose control and cry forever.
 - If I stop to hurt, I will lose the gains I have made in life.
 - If I recover and feel joy, it might mean that I don't care.
 - If I stop mourning, I will forget the loss.
 - If I give up the loss, I give up a part of myself.
 - Being sad shows a lack of spiritual faith.
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What to do.....

- Eat the right stuff!
- Get enough sleep.
- Get moving, but don't rush.
- Spend time with nature.....and be present.
- Produce the right kind of neuro-transmitters.
- Talk with someone you trust.
- Cry. It's good for you.
- Do or experience something positive.
- Get outside yourself.

REMEMBER.....

*If you are never sad,
it can only be because nothing matters
to you.*

*If and when you experience sorrow,
it is a clear sign that
(especially regarding people)
you actually love
and can be emotionally attached.....
But might be lonely.*