

Do You Feel Like You are Losing Your Mind?

By Maureen Kramlinger

"Not only have I lost my husband, but I've also lost my mind." The death of a loved one forces us to make quick decisions about final arrangements, financial matters and the like.

On top of that, our minds are preoccupied with our grief and all that we have lost.

It is completely normal to feel overwhelmed, confused and even disoriented. Many bereaved report being unable to concentrate or learn anything new. They also complain about not being able to remember anything.

Here are some strategies to help keep your mental acuity on track:

1. Remember, mental depletion is normal and will be reversible once your mind no longer has to work so hard to absorb the loss.
2. Do practical things to keep on track: put keys/glasses in the same place, make lists, keep a calendar.
3. Do mental activities, such as paperwork, when you're most refreshed.
4. Ask for help from someone you trust to discuss options, set priorities, review plans and give you feedback before you finalize important decisions.

You haven't lost your mind. You haven't even misplaced your mind. Your mind is just temporarily assigned to the priority task

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