

*Safe Haven For Widowed
Giving support to widows, widowers, and youth
going through the grieving process from the loss
of a loved one.*

Live chatrooms and forum 24/7 at our secured website

[Http://www.Safehavenforwidowed.org](http://www.Safehavenforwidowed.org)

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The Monthly Heaven

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Challenges in June

June was a very challenging month for us here at Safehavenforwidowed.org.

With our owner and founder who took ill during this time.

Also with the upgrades that were in place and the technical problems we ran into from outside cable line of a building to server getting damaged during a power outage, we have made it through the entire storm and are good now.

Also in June we combine all chat rooms into one main room with the exception of the Youth Room , doing this now it is not only for widowed but also for non-widowed.

And just as reminder when in the chat rooms **“Please Use net etiquette while chatting: and be pleasant and polite with members at all times and the use of profanity an etc. is prohibited.”**

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After the First Year ... Then What?

The first year of bereavement brings raw pain, disbelief, the agony of reality, and many other deep emotions – emotions many of us have never experienced or at least not to the same depth.

The time period after the first year is usually not quite as pain filled as all the first were. Although we may be a little better, often we are not nearly as healed as we would like.

It helps to understand this next period and to learn some skills for coping.

It is most helpful if we lower our expectations of ourselves, work on our grief, and hold onto HOPE. Remember, grief is different for everyone.

It is like fingerprints or snowflakes; no two are alike. Everyone grieves differently, so don't compare yourself to others or place yourself on a timetable.

Some of the following suggestions or observations may help you:

1. Beware of becoming critical of ourselves, either consciously or unconsciously, due to unrealistic expectations.
2. A different level of reality may hit us. We usually no longer deny the death, but now face the reality and its long term implications.
3. If the death is unexpected, some say that the second year is even more difficult.
4. It may be the time to struggle with new life patterns. We may have handled grief by over activity (workaholic, etc.). If our previous style of grieving has not been helpful, we must be willing to try new approaches such as: become more active in a support group, find telephone friends, read about grief, develop coping skills, become determined not to become stuck in our grief, do our grief work, HOLD ONTO HOPE.

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5. It is vital to find a friend with whom you may talk. This is one significant factor that prevents people from sliding into deep depression. You can find such help in a support group.

6. It is often helpful to carefully consider the phases of grief. One or more phases may be giving us trouble, such as anger or guilt. Don't push it down or ignore it.

7. Other events in your life may also be adding to your grief (trouble with spouse, children, work, family members or friends). Realize this happens to many grieving people, and it does complicate your grief.

8. You may or may not cry as often, as you did at first, but when you do – realize it is therapeutic. Don't fight the tears. As author Jean G. Jones says in *Time Out for Grief*, "cry when you have to – laugh when you can".

9. Physical symptoms may become more acute (stomach disorders, headaches, sleeplessness). Have a check-up.

10. Insufficient sleep plagues many who are bereaved. It may be helpful to give up all caffeine and alcohol. Physical exercise helps you to relax and makes you sleepy.

11. Check frequently that you have balance in your life – work, recreation (including exercise, hobbies, reading), adequate rest and prayer.

12. Don't be alarmed if depression re-enters your life or appears for the first time. Depression is normal and its reoccurrence is also normal.

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13. Our grief may seem “out of control”. We may feel as if we are “going crazy”. This is common to bereaved people. It is important to realize grief work takes time – much more time than we think it should. Be patient with yourself.

14. Be aware of a lowered self-esteem. We might think to ourselves, “I don’t like the person I’ve become”. Often it is our unrealistic expectations of ourselves to be handling our grief better that causes these thoughts. Often we are doing better than we give ourselves credit for.

15. We often hear “time will heal”. Yes, time does soften the hurt a bit, but mainly it is what we do with time; read, talk, struggle with the phases of grief, get help when we become stuck in a phase, be gentle with ourselves, lower our expectations, build a pleasant time with family and friends, pray.

16. PRIDE may be one of your greatest stumbling blocks. You may think that you ought to be doing better. You may not want to acknowledge that you need help.

17. Vibes from friends may openly or subconsciously be: “shape up – you must be over it by now, get on with living”, etc. You not only experience the death of a loved one, but you feel abandoned by friends and family. Find others to talk with who understand. These friends may come from those who attend the support group meetings.

18. Loneliness may seem to engulf us as we look ahead to a life without our loved one. Find new friends, worthwhile work (support groups always need help with phoning, mailings, research, etc.) and connect with friends from the past. Pleasant memories can help too.

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19. If you feel guilty, it must be acknowledged – not suppressed. Really look at the “if only”. Hopefully you – and only you – will be able to say to yourself, “I did the best that I could at the time – so did my loved one”.

20. WHY? If the “why” is bothering you, ask it again and again until you can come to terms with it. You may never know why. It may remain a mystery you choose to let go. When you can, concentrate on your choice to get better.

21. Realize that anger may be at ourselves, God, the person who died, those in helping professions who did not seem to understand or help. Acknowledging our anger is the first step in releasing its power over us.

22. Don't expect too much of your family. They, too, have their hands full of grief.

23. Consider this: even though you are struggling with grief, you would rather have had the time with your loved one than not to have had them in your life at all.

24. Set realistic goals for the future. Realistic is the key word. Pinpoint your most acute concerns. Think of all possible solutions. Choose one solution at a time and implement it.

25. So many of us have been brought up to be independent: “I'm going to handle this grief myself”. We find it difficult to ask for help, yet we need help. Asking for help from caring people can make a big difference in your working through your grief. Force yourself to reach out for help.

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After the First Year ... Then What?

26. Often, when we slide back into the pits, we panic. We hate the feeling. Irrationally, we feel that we will remain there. It is important to realize we have been in the pits before, and will be again, but we WILL GET BETTER!

27. Be a fighter against giving up and becoming stuck in grief, as 15% do. A determination to work through grief may be one of the common denominators of those who recover. It is up to you!

“Am I Losing My Mind or Crazy?”

“Am I Losing My Mind?”

Q: Since my loved one recent death, I've been doing strange things. I cry for no reason whatsoever as I wander aimlessly around the house. Sometimes I set an extra place at the table. When the telephone rings I think that my loved one is calling me. I've become so absent-minded that I renewed a subscription for their favorite magazine and I don't even read it. I listen for footsteps, especially in the evening, when they would normally return from work. My thinking and judgment seem so impaired that I feel like I am falling apart.

Am I going crazy?

A: These symptoms are not a sign of mental illness; you are not alone. Many grieving people experience similar indications. It is natural to be overwhelmed when your loved one has just died. Your mind is naturally preoccupied with your devastating loss. Confusion, aimlessness, and constant weeping are all indicators of your pain and despair. When absence becomes the greatest presence, you have transformed the past into the present. By wishing and daydreaming, you have attempted to bring your loved one magically back to life.

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“Am I Losing My Mind or Crazy?”

Your brain has not been damaged. You are emotionally and physically depleted. Death has wounded you. There is probably no crisis more stressful than the loss of life of someone you loved.

Forgive yourself when you are not as reliable and responsible as you once were. Give yourself permission to be inconsistent and unpredictable without punishing and criticizing yourself. Develop an acceptance of the brief periods of irrational feelings and chaotic bewilderment.

In most cases these strange actions and thoughts are temporary. They gradually fade and disappear as you continue your journey through the mourning process.

Answer: You are not crazy.

“Grief is not easy for anyone.”

Grief is not easy for anyone. This is new to us too. Some days, we are crying in a ball... others we may smile. Grief is a continuous roller coaster of emotions...

Try to remember this, if you know someone who is grieving. We need support, not judgment. Much love & Hugs,

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Looking for Moderators

We are looking for moderators here at Safehavenforwidowed.

Moderators will be volunteering to monitor the chat room. This position does require coverage for these rooms 24 hours a day 7 days a weekly, every day total of 168 hrs a week for the main room and approximately 100 hrs a week for youth room. The shifts run 4 hours, 6 hours or 8 hours a day.

If you would like to become of our team and become a moderator and you think you could give manage the time moderating.

Please contact admin@safehavenforwidowed.org with the day of the week and time's you would be available to moderate the room.

We will try to fit you in with your choice's sometimes it's impossible being that time slot and day may already be taken.

We look forward to active participation

Sincerely,

Robert Greenfield
Executive Administrator

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“Words From Our Administrator”

Bill is unable to say anything here so I will in his place for know. And hopes that soon again he will be able to .

This year makes 5 years that our website has been on line since November 19, 2009.

Over this 5 year period Saf havenforwidowed.org has reached out to 58,310 people with 3,840,207 views on the total website in the five years and we are now on Goggle +, Face book, Linkedln., Manta, Twitter, and You Tube, reaching out so others don't have to travel this road alone and with others who understand it and are supportive.

Month	Number of visits	Pages	Hits
Dec 2012	41684	696111	758338
Jan 2013	3160	547813	561440
Feb 2013	2148	357590	365214
Mar 2013	2914	477216	487174
Apr 2013	3528	742447	764928
May 2013	3497	615557	646987
Jun 2013	539	118037	123329
Jul 7th 2013	840	124236	132797
Total	58,310	3,679,097	3,840,207

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“Words From Our Administrator”

Would like to also remind those members who haven't filled out there user profile completely to please do so.

Our system is up and running okay now we did experience some things that were beyond our doing but have all been corrected and the chat room is up and running along with no more bouncing out of it or getting knocked out of it. Site never went down or off line during this time. Have seen once or twice some saying couldn't get on to the site but the website was up and the chat room. Have shown no errors in chat room since the change either. Our staff and tech's take these issues seriously an are monitoring the server all the time for any error messages or problems and are there 24/7 also.

Saf havenforwidowed is a safe confidential, support group for Widows, Widowers , Youth , and non-widowed that has lost a spouse, partner, or a loved one, going thought the grieving process. And was founded by a widower. And is not a club that all want to join.

And all are welcome, we do have a lot coming up within the next 5 months here too as far as Meet and Greet, Webinars on certain topics, and more. This November will be 5 years Saf havenforwidowed.org an we reached 1,000's of people here and will continue to do so.

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“Words From Our Administrator”

Any member that has a request on something they would like to see added or suggestion please let us know also by emailing admin@safehavenforwidowed.org with it.

That is all for now, I hope you all are enjoying the summer weather as much as you can and we are here for you. And don't forget to mention us to your friends too.

Thank You,

Robert Greenfield
Executive Administrator