



<b>In this issue:</b>		<b>In this issue:</b>	
Why the Deceased Show Up in Your Sleep	1- 5	Things We Wished Someone Told Us About Grief	13-16
Families Who Fall Apart After The Death Of The Matriarch Or Patriarch	5	Robin Williams' Death Reveals How Hard It Can Be To Climb Out Of Depression	17-19
Compassion Suicide	6 - 8	Complicated Grief?	20
Bereavement and Time Off Work	9 - 12	Words from the Administor	21-25

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# The Monthly Haven

## Safehavenforwidowed.org

### Why the Deceased Show Up in Your Sleep



#### Dream Visitation

It is time to give a voice to those who are gifted with dream visitations from the newly deceased. These dreamers are emerging out of their own silence to share experiences about their dreams of earthbound ghosts and those effervescent spirits who they see lingering between the 3<sup>rd</sup> & 4<sup>th</sup> astral planes, resembling flashes of particles of light appearing and disappearing before their eyes.

Over the past few years dreamers are awakening in their dreams to the conversations they are sharing with the recently departed. Those who recall their dreams, are finding that they are capable of bringing back upon waking, knowledge from these encounters that contains much needed information about the physical realm, those we know, about ourselves, the afterlife, and images of all the realms in between.

Dreamers, or night travelers, have the ability each night to return back to these dimensional realms, recognizable to our souls, to retrieve information from those who are deceased and reside on the other side. These amazing nightly travels happen to everyone who lay down their head to rest. However some people have a difficult time recalling their chance meetings with the dead.

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### *Why the Deceased Show Up in Your Sleep*

Dreamers who are unable to recall their dreams upon waking, may not be allowing themselves to receive these messages somewhere within them lays a blockage from their past or present, and with this they remove belief of the possibility that they too greet the dead during the dreamtime.

It is easy to disregard visitations as a visit from a spirit, preferring to view them just as a symbolic representation of a particular aspect of oneself although this can be a true interpretation to explore, more often when the dead appears a dreamer is experiencing a visitation from a guide, a spirit, and or a deceased loved one.

Why do people receive dream visitations from the dead, both familiar and unfamiliar?

Dream visitation appears for one or two reasons:

1. Someone the dreamer knows (family, friend, loved one, or distant familiar person) who recently died is a soul who just past and he/she needs the dreamer's guidance in the transition from physical to soulful, and a feeling of reassurance of their physical death.
2. The dreamer is in need of guidance, protection, comfort – a spirit, familiar or unfamiliar, will appear with a message, or love and warmth, for the dreamer, whether the dreamer realized he/she requested assistance or not.

The beauty of these types of dream are they offer messages and comfort in the time of most need, either for the dreamer or the person who has passed on from their physical form.

There is solace in knowing that when a dreamer lacks guidance, nourishment, or tenderness it is possible to subconsciously call on a deceased loved one asking them to appear to provide assistance, light, and warmth to the dreamer.

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### *Why the Deceased Show Up in Your Sleep*

Occasionally the deceased will make a dream visitation unexpectedly and for reasons that may seem unclear at first.

Some spirits will convey a message, support, or guidance clearly for the dreamer; other times spirits create a mystical puzzle for the dreamer to piece together over a course of several visits to the dreamtime in order to translate the message communicated. If aware that the deceased have the ability to appear in dreamtime, then a dreamer becomes more naturally prepared to observe ways to receive and decode the messages given. With this simple knowledge of awareness and acceptance, a dreamer enhances their own abilities to remain aware and available to those spirits that appear needing assistance from the dreamer.

#### **What Our Earthbound Spirits and Why are They Still Here?**

Earthbound spirits, or ghosts, are those who have died but remain, haunting or lingering, in either the location where they died or attach themselves to loved ones who they left behind. Some earthbound spirits are known to attach themselves to a material item that connects them to their once physical life, unable to let go of, and it is their stagnate energies imprinted on the

object that illuminates their lower vibrational presence. These are the dead who linger between the 3rd and 4th dimensions, losing their way to the afterlife.

*Many earthbound spirits remain present because they are still attached to the physical realm:*

1. They need to have resolution from something or from someone in their recent physical life.
2. They are looking for forgiveness before they feel they are allowed to move on.
3. They are so bound to their material life (which they are unable to bring with them into the afterlife).

No matter the reason, earthbound spirits are unable to let go in order to move forward into the boundlessness of the afterlife. It is important to note here that earthbound spirits are different from spirits who have passed onto the afterlife.

*Those spirits who have passed on but return in a dream visitation do so because:*

1. They may have a message to offer you.
2. They want to show you that there is life after death.
3. Some souls do return as dreamer's spirit guides.

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### *Why the Deceased Show Up in Your Sleep*

**To note the differences:** Spirits who return after crossing over in the afterlife hold a beautiful radiant high vibrational frequency filled with an energetic field of love and light surrounding them and within them. Earthbound spirits usually have a low vibrational frequency and leave imprints of their energies behind to attach to people, places, and things. Many of these earthbound spirits become ghosts of the past feeding off the energies of people, homes, and locations to survive in spirit and not fade into an energetic imprint.

A dreamer will know what type of spirit has arrived in their dream world by the way they feel in the presence of the spirit in their dream. If the dreamer feels filled with a comfort, a luminous light, no anxiety, and a feeling of peace they are in the presence of a higher vibrational spirit who has crossed and returned. If the dreamer feels low, some anxiety, uncomfortable, fear, cautious, with a sense of dark or dim light hovering then the dreamer has encountered an earthbound spirit.

No need to be afraid, it is important for the dreamer to remain in their own positive vibrational frequency and say "You are not invited in my space. Please leave my energetic field. I send you off with love and light. Thank you.

As long as the dreamer remains in control, has no fear, and does not give their power or energy away to the earthbound spirit no attachment will take place. Most spirits that are stuck and lingering between realms are lost and looking for help to move forward. They are in need of some type of assistance.

***Dream Advice:*** If the deceased come calling in your dreams, greet them from a place of love rather than feeling fear within their presence. Ask them why they have appeared. Be prepared to receive a message or to offer assistance. Remain calm and open to what they have to say or show you.

*There is a possibility that when the deceased come calling they are a symbolic image representing a facet of the dreamer:*

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### *Why the Deceased Show Up in Your Sleep*

Spirits appearing in a dream may symbolize an aspect of the dreamer. They may appear representing a hidden element of the dreamer that has been lost or forgotten and are now needed to merge back with the dreamer for their own personal growth and healing. The dead may also appear to be a symbolic representation of undiscovered powers offering the dreamer creativity and inspiration.

**Dream Advice:** Lean closer into your dream and take a look at the traits this spirit encompasses. Next connect the dots on how these attributes can feed your body, mind, and soul in your waking life.

**A Deceased / Loved One**  
Returning symbolize the dreamer's desires to re-connect with the qualities this someone represents to the dreamer — a need for comfort and strength from the person who has passed. A deceased loved one may also illuminate a memory of the past or provide an offering from the future for the dreamer to heal within the present.

#### **Families Who Fall Apart After The Death Of The Matriarch Or Patriarch**

It's a common phenomenon. The matriarch or the patriarch of a family passes and the family unravels. I knew of a mother who died leaving her husband and four sons behind. The men never realized she was what held them together and helped them relate to each other. When she was lost from the picture each man became an island. I've seen families collapse when the patriarch dies as well. Whatever the qualities the individual had, there is no one willing or able to step in and replace them or reconfigure the family so it can be sustained and recover from the loss. I don't think families have to accept this fate as a foregone conclusion. The falling out can be avoided. The families who manage this tend to live in reality, meaning they realize their parent (s) are not going to be around forever. Based on this, they take on increased responsibility as time passes and their parent's age. A younger family member takes over the cooking of the holiday meal, for example. Another may start making the calls that keep the family in touch and organized. Basically, they follow the example set by the matriarch or patriarch so the family can endure into the next generation.

We each have a Sun (male) and a Moon (female) in our chart, these are referred to as the "lights". You'll have a very hard time in life if your lights are dim.

**Who are the "lights" in your family? If they pass, is their someone waiting to step up? Why or why not?**

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## *Compassion Suicide*



Compassion Suicide is the hardest thing to go through when you're loved one decides to take her life because the pain and suffering is so unbearable they can't stand it anymore. So they decide to end the pain by dying so they can be in peace.

How hard it is for us survivors to bear this when our soul mates decide to this. My wife did just that on February 4, 2013 she had been in pain all her life, physically and emotionally, she grew up in Brooklyn NY with her sister and 2 brothers, her parents were not that good to them her father was very strict and her mother was loving and kind but was afraid of her husband because he was very controlling man she tried to protect her children as much as she could but she was having problems too.

My wife wanted so much for her father to love her, but the only way he did was through sexual abuse and that is not love. He would always say to her you will not amount to anything, she proved him wrong, she excelled in Art and worked for 20 years in a stock brokerage firm. She did very well in school and always defending the underdog, for she knew how it felt to be teased and made fun of.

As the years grew on Sandi made many friends good and not so good. We met in 1991 she had a roommate who was sick and she was caring for her, and was struggling with her own health issues at the time also. The day I saw my wife I felt a very strong arrow hit me I knew I had to meet her again and become friends so we did. I helped her take care of her roommate until her death in 1993.

Then Sandi and I became closer and my love for her got deeper. I loved her inner beauty and the way she understood me and accepted me without judgment. Yes we were both women but the love I felt for her was so real.

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### *Compassion Suicide*

We got married November 29, 2002 and it was the best day for both of us for we finally made our dreams come true. We found love and acceptance. Sandi had many health problems she had *Degenerative Disc Back Disease* caused by falling off a bunk bed as a child and landing on a radiator, her father who had one year of medical school said she will be alright no need to take her to emergency room, so she suffered from back pain ever since, she had a weight problem all her life because she was denied good food growing up so as she got older she would eat what she wanted and did not care. Being denied having things by her father as a child so when she got older she had to fill that void of things she wanted.

She became a diabetic and she had this under control but in time it progressed she started losing her muscles in her legs also lost the circulation from being in a wheel chair, she had heart problems also towards the end she could not walk without falling or hold anything for long periods I took care of her because I loved her and I would do anything for her.

On that day she decided to end it was the hardest thing I ever had to do but to comply with her wishes. I did not want to see her suffer anymore but I did not want her leave either. I loved her so much.

So on that day February 4, 2013 she ended her pain I held onto her so close and never let go. Until her final breath I waited for awhile before I called 911 when they arrived and pronounced her I wept and wept sad she was gone from me but yet felt good she was not suffering anymore I still have parts of guilt but in my heart I know she is happy and free of pain.

It was not easy for me losing my wife my best friend my soul mate we had 20 good years together and she will always be in my heart, she is my angel wife now and in time someday we will be together again.

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### *Compassion Suicide*

A few months after she died I found Safehavenforwidowed, and it has been like a blessing for me the founder Bill was the first person I spoke with and he has helped me along this road of grief that I face and all the other people there as well have all accepted me without judgment as my wife did.

This is a hard road to face alone but with them all by my side I know I will make it through the days ahead. My life has changed and I am not the same person I once was but I am learning how to continue on this journey with my new family helping me along in good days and bad.

So I learning to accept my wife's decision to die the way she did and I am so grateful we had the times we did would not change anything. I still have my good days and bad days but I just remember I did the best I could for her for many years and we made our dreams come true we found love and acceptance in each other.

Author: Teri Charles

### *IF HEAVEN HAD A PHONE*



I wish that you could call me,  
And tell me how you are.  
I'm sure it'd be expensive,  
Cause Heaven is very far.  
But how I'd love to hear you,  
If only one more time.  
If only for a second,  
I'd pay my only dime.  
To hear your voice, your words,  
your laugh,  
I'd give everything I own.  
Oh, how happy I would be,  
If Heaven had a phone!

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### *Bereavement and Time Off Work*



If you were recently thrown into the pit of bereavement and time off work is an option, then take it.

Use as much time as you can to heal and learn to live without that special loved one in your life.

#### About Bereavement Leave

When a close family member passes away, either suddenly or from a long illness, most employers will allow you a few days off work to attend the funeral.

If it is out of town, you may be allowed to take a few additional days. This is called bereavement leave. This time away from work can be paid, depending on your workplace's policy. If a specific protocol is not in place, you may be required to use your accrued vacation, personal or sick time. You may have to take the days off without pay and risk the consequences that may come along with doing that, such as loss of hours or pay, demotion or possible termination.

Bereavement leave is usually granted for death of a family member:

- Spouse or domestic partner
- Parent
- Stepparent
- Sibling
- Child
- Stepchild
- Grandparent
- Grandchild
- Father- or mother-in-law
- Sister- or brother-in-law

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### *Bereavement and Time Off Work*

Depending on the company for which you work, your employer may allow you take extra time off if you've lost an immediate family member such as your mother or father, sibling, spouse or child. Losing someone that close to you will require additional time to cope with the death.

#### Understanding Bereavement

Taking time off work after the death of someone close to you is good not only for your own mental well-being, but also for your job. You need time -- days, weeks and sometimes months -- to learn how to live a new "normal" life without that special someone there. There is also the physical aspect of dealing with the death of a family member. Depending on your relationship to him or her, there are some important duties that need to be done.

Emotionally, you will go through a very rough time. Even though you may find work as an escape from reality, it is still not the best place to be immediately after losing your loved one. You may find yourself feeling lost or unable to make decisions on your own. Many employers are sympathetic to your needs at this time, but some aren't, so it's best to take this time to yourself.

Unknowingly, you may also:

- Cry uncontrollably
- Refrain from eating or sleeping
- Be unable to keep up with household duties
- Become angry or impatient
- Have trouble concentrating on work or other day-to-day responsibilities

However, your relationship to the person who died determines how long you may be away from work.

An immediate family member such as a father-in-law or sister-in-law may not cause you to miss more than just a few days of work.

On the other hand, losing your spouse or child can cause an extraordinary amount of grief, causing you to lose more time.

#### Losing a Spouse or Domestic Partner

Losing the love of your life can be one of the hardest of losses to endure. You lost your past, present and future with him or her. If you have small children together, you have painstaking task of dealing with their loss as well.

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### *Bereavement and Time Off Work*

Taking additional time off work allows you to handle:

- Life insurance, legal and financial issues
- Cleaning out your spouse's desk or locker at his or her place of employment
- The care of funeral and/or medical bills
- Sorting through his or her personal belongings at home
- Writing thank you notes to funeral attendees

#### When a Parent Dies

The death of one's parents is an inevitable occurrence that many children will face in their lifetimes. Elderly parents usually name one of their adult children as executors to their wills, which means they are responsible for handling all of the funeral arrangements, and the reading of the wills afterward. Besides grieving for their parents, children must also take care of the following, which can require an extended leave of absence from work:

- Handling all legal and financial issues including Social Security and Medicare
- If needed, cleaning out and selling a parent's house, which means sorting through personal belongings
- Sending thank you notes to those who attended the funeral

#### Death of a Child

It is said that losing a child is the hardest of all deaths because children shouldn't die before their parents. However, when this happens, most parents mainly mothers will take an extended bereavement leave from work.

If the child passes away at birth, the mother usually has the typical six weeks maternity leave she can take off besides bereavement leave.

Your company's human resources department will have more information about maternity leave, and whether fathers are entitled to this time as well. Physically, there is not much legally to do after a child dies. After the funeral is over, there are bills to pay and thank you notes to write, but the majority of bereavement and time off work is for the parents to grieve. This could take a long time.

Most fathers go back to work within a few weeks, while mothers may sometimes need to take more time. It is best not to rush this process.

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### *Bereavement and Time Off Work*

Other things to do during bereavement leave include:

- If applicable, cleaning out your child's desk or locker at school.
- Sorting through the child's bedroom and other personal items.
- Contacting extended family and friends.
- A Final Note on Bereavement and Time Off Work

You cannot put a time frame on how long someone grieves; however, when it comes to the workplace, you will need to set a limit as to how much time you take off. When you do go back to work, take your time and ease back into your workload.

Expect to have good and bad days, and make sure you have a place to go or a person to talk to if need be. There will be times when being back at work overwhelms you.

Like your life at home, you will need to find a new normal and a new way to do things.



I am so tired of being strong.  
Of everybody saying I will be OK.

I am not OK.

I am so lonely all the time.

They say it gets better.

I don't know if I can go on.

I pretend things are fine but inside

I am in such pain.

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## *Things We Wished Someone Told Us About Grief*



You will feel like the world has ended. We promise, it hasn't. Life will go on, slowly. A new normal will come, slowly.

- It's okay to cry. Do it often. But it's okay to laugh, too. Don't feel guilty for feeling positive emotions even when dealing with loss.
- It is okay NOT to cry sometimes also.
- Time does NOT heal all wounds.
- Take time to truly remember the person you lost. Write about him or her, go back to all your memories with them, truly soak in all the good times you had with that person. It will help.
- Facing the grief is better than running. Don't hide from the pain. If you do, it will fester and grow and consume you in the end.

- Just because you feel pretty good one day it doesn't mean you are cured of your grief.
- You will ask "Why?" more times than you thought possible, but you may never get an answer. What helps is asking, "How? How can I live life more fully to honor my loved one? How can I love better, how can I embrace others, how can I change and grow because of this?"
- You will try to escape grief by getting busy, busy, busy. You will think that if you don't think about it, it'll just go away. This isn't really true. Take time to process and heal.
- No matter how prepared you think you are for a death, you can never be fully prepared for the loss and the grief.
- You can plan for death, but death does not always comply with our wishes or plans.
- Dying is not like you see on TV or in the movies. It is not peaceful or prepared. You may not have a spiritual or meaningful moment. It's too real.

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### *Things We Wished Someone Told Us About Grief*

- A hospital death is not always a bad death.
- There will be pressure from others to move on, even minutes or hours after a death, and this can lead to regrets.
- Death and grief make people uncomfortable, so be prepared for awkward encounters.
- You will plan the funeral while in a haze. If you aren't happy with the funeral you had, have another memorial service later.
- Don't shut people out. Don't cut yourself off from relationships. You will hurt yourself and others.
- It's okay to ask for help. It's okay to need people. It's okay, it's okay, it's okay. When people offer support, take them up on it. It's okay, it's okay, it's okay.
- People will bring you food because they don't know what else to do. Don't feel bad throwing it away.
- No one will respond perfectly to your grief. People even people you love will let you down. Friends you thought would be there won't be there, and people you hardly know will reach out. Be prepared to give others grace. Be prepared to work through hurt and forgiveness at others' reactions.
- People will say stupid, hurtful things without even realizing it.
- People will tell you things that aren't true about your grief.
- People will tell you what you should and shouldn't feel and how you should and shouldn't grieve. Ignore them.
- Death brings out the best and the worst in families, so be prepared.
- There is no such thing as closure.
- There is no timeline for grieving. You can't rush it. You will grieve, in some form, forever.
- There will always be regrets. No matter how much time you had, you'll always want more.
- Guilt is a normal part of grief.
- Anger is normal part of grief.
- The pain of a loss is a reflection of love, but you never regret loving as hard as you can.
- Grief can make you question your faith.
- Grief doesn't come in 5 neat stages all packaged up in a bow. Grief is messy and confusing".

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### *Things We Wished Someone Told Us About Grief*

- Grief makes you feel like you are going crazy.
- Grief can make you question your life, your purpose, and your goals. And that isn't always a bad thing.
- We all grieve differently, which can create strain and confusion between family members and friends.
- However badly you think it is going to hurt, it is going to be a million times worse.
- You may find comfort in very unexpected places.
- You should go somewhere to debrief after care giving.
- The last 24 hours of their lives will replay in your mind.
- Trying to protect children from death and the emotions of grief isn't helpful.
- It's sometimes necessary to seek out new ways to grieve on your own, find new guidance, if the people who are supposed to be supportive simply haven't learned how.
- You will grieve your past, present, and future with that person.
- Big life events and milestones will forever be bittersweet.
- Holidays, anniversaries, and birthdays will be hard forever.
- Grief comes in waves. You might be okay one hour, not okay the next. Okay one day, not okay the next day. Okay one month, not okay the next. Learn to go with the flow of what your heart and mind are feeling.
- Grief triggers are everywhere – you will see things that remind you of your loved one all over the place, and it may lead to sudden outbursts of emotion.
- You lose yourself, your identity, meaning, purpose, values, your trust.
- The grief process is about not only mourning the loss, but getting to know yourself as a different person.
- There is no normal when it comes to grieving.
- Sometimes it gets worse before it gets better.
- It is normal to feel numb after it happens. The tears will come. They come in waves.
- Grief can make you feel selfish and entitled, and that's okay (at least for a while)
- No matter how bad a day feels, it is only a day. When you go to sleep crying, you will wake up to a new day.

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### *Things We Wished Someone Told Us About Grief*

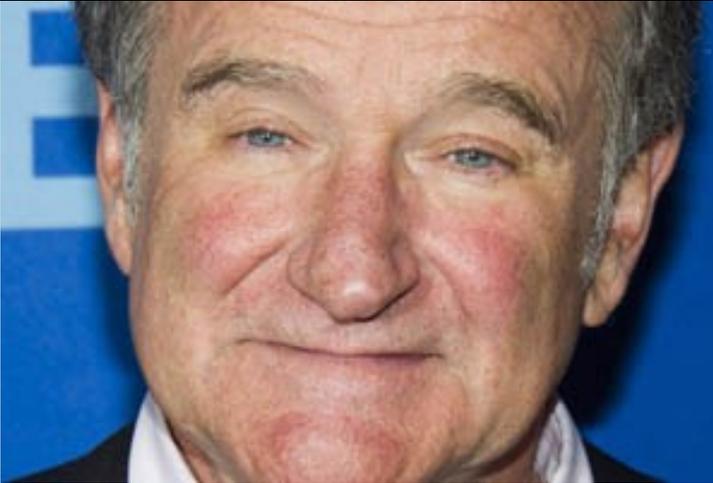
- Meeting new people, who never knew the person who died, can be hard and sad. But eventually it can be nice to “introduce” them through stories and photographs.
- People love to judge how you are doing. Watch out for those people.
- You can’t compare grief or compare losses, though people will try.
- Any loss you grieve is a valid loss, though people will sometimes make you feel otherwise.
- There are many days when you will feel totally and completely alone, whether you are or not.
- Grief can make you do stupid, crazy things. They may be what you need at the time, but you may regret them later. Cut yourself some slack.
- Take care of yourself, even if you don’t feel like it. Eat healthily. Work out. Do the things you love. Remember that you are still living.
- Grief can make you a stronger person than you were before.
- Grief counseling doesn’t mean you’re crazy or weak.
- Grief re-writes your address book”. Sometimes the people you think will be there for you are not. People you never expect become your biggest supporters.
- You don’t get over it, you just get used to it”.
- Liquor, sex, drugs, hobbies, work, relationships, etc., will not take the pain away. If you are using anything to try and numb the pain, it will make things worse in the long run. Seek help if you’re dealing with the sorrow in unhealthy ways.
- Grief can be beautiful and deep and profound. Don’t be afraid of it. Walk alongside it. You may be surprised at what grief can teach you.
- You will never go back to being your “old self”. Grief changes you and you are never the same.
- Nothing you do in the future will change your love for the person who died. Eventually you will begin to enjoy life again, seek new experiences, or whatever. None of these things will diminish your love for the person you lost.

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*Robin Williams' Death Reveals*

*How Hard It Can Be To Climb Out Of Depression*



The suicide death of beloved comedian and actor Robin Williams shocked many of his fans. But those who knew him were aware of his ongoing struggle with depression.

According to his publicist, Williams, 63, was completing a 12-step program for drug abuse and had been battling severe depression.

"You're standing at a precipice and you look down, there's a voice and it's a little quiet voice that goes, 'Jump,'" Williams told Diane Sawyer during an interview about his struggle with addiction in 2006. "The same voice that goes, 'Just one.' And the idea of 'just one' for someone who has no tolerance for it, that's not the possibility."

More recently, Williams talked about the overwhelming fear and anxiety that led him to seek solace in alcohol. "Having depression and being in a suicidal state twists reality. It doesn't matter if someone has a wife or is well loved," "They get so consumed by the depression and by the feelings of not being worthy that they forget all the wonderful things in their lives."

Indeed, a major reason people with suicidal thoughts don't seek help is the belief that nothing could possibly make things better, according to the National Institutes of Health.

Ariane Sherine, a writer for The Guardian, recently about her struggle. "When I was suicidal and having suicidal ideations daily, hourly, I never imagined that I would be this happy and this stable again,".

"Please don't give up," "Life can get better It might involve a lot of trial and error, but it's possible to feel normal again, or almost normal again."

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*Robin Williams' Death Reveals*

## *How Hard It Can Be To Climb Out Of Depression*

Though we can never know what took place in Williams' personal life, the actor's now-public struggles have many people thinking about the difficulties faced by those battling depression and addiction. That's especially important in light of recent evidence that high-profile suicides may inspire young people to take their own lives.

### **BY THE NUMBERS**

Each year, 34,000 people commit suicide, about twice as many deaths as caused by homicide about one death per 15 minutes. By 2030, depression will outpace cancer, stroke, war and accidents as the world's leading cause of disability and death, according to the World Health Organization.

While the elderly have the highest rate of suicide, anyone can be suicidal. Men, in general, are more likely to complete suicide, even though women are more likely to attempt it. About half of all suicides occur in men ages 25 to 65. Risk factors include overwhelming situations, such as aging, substance abuse, emotional trauma, unemployment or financial problems, according to the NIH.

Fully 90 percent of those who take their own lives struggle with an underlying mental health issue. According to the latest estimate, 13 percent of people will experience depression at some point in their lives. And about 15 percent of those with clinical depression will die by suicide.

### **THE SUBSTANCE ABUSE FACTOR**

Substance abuse in combination with a preexisting mental health condition, such as depression or bipolar disorder, can be deadly, according to the website of Suicide Awareness Voices of Education, a suicide prevention organization. Often, someone suffering from mental illness will seek alcohol or drugs to relieve symptoms, but this can lead to impaired judgment and impulsive behavior.

Williams discussed the interplay of substance abuse and suicidal thoughts during a 2010 interview on the comedy podcast WTF with Mark Maron [at 52:00].

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*Robin Williams' Death Reveals*

## *How Hard It Can Be To Climb Out Of Depression*

Describing a dark period of drinking alone in his hotel room two years earlier and briefly considering suicide, Williams said his "conscious brain" told his drunken brain to "put the suicide over here in 'discussable.' Let's leave it over here in the discussion area" until he was sober.

### **SIGNS OF TROUBLE**

It can be difficult to determine when a depressed loved one has progressed to suicidal tendencies. The SAVE network recommends asking the following questions in a non-judgmental and non-confrontational manner:

- Do you ever feel so badly that you think about suicide?
- Do you have a plan to commit suicide or take your life?
- Have you thought about when you would do it (today, tomorrow, next week)?
- Have you thought about what method you would use?

Suicidal individuals may talk about feeling hopeless or guilty, pull away from loved ones and complete tasks that seem geared toward getting affairs in order, giving away possessions or otherwise arranging for family, according to the NIH.

### **OFFERING HELP**

If you or anyone you know has threatened suicide or is displaying tendencies, it is important to seek immediate help.

For a loved one struggling with depression, there are ways to offer support. (Though it is essential to know that depression is not due to a failure of support on the family's part.) When talking to someone suffering depression, "it's best not to say anything that is going to make them think that what they're dealing with is because of a lack of coping skills, personal weakness or a character flaw "The worst part of depression is that it narrows the field of vision into a very small tube so they can't see the options. A lot of the goal of helping is giving people a hope that things will get better."

# *The Monthly Haven*

*Safehavenforwidowed.org*

## *What Is Complicated Grief?*



Complicated grief is an intense and long-lasting form of grief that takes over a person's life. It is natural to experience acute grief after someone close dies, but complicated grief is different. Complicated grief is a form of grief that takes hold of a person's mind and won't let go. People with complicated grief often say that they feel "stuck."

For most people, grief never completely goes away but recedes into the background. Over time, healing diminishes the pain of a loss. Thoughts and memories of loved ones are deeply interwoven in a person's mind, defining their history and coloring their view of the world.

Missing deceased loved ones may be an ongoing part of the lives of bereaved people, but it does not interrupt life unless a person is suffering from complicated grief. For people with complicated grief, grief dominates their life rather than receding into the background.

The term "complicated" refers to factors that interfere with the natural healing process. These factors might be related to characteristics of the bereaved person, to the nature of the relationship with the deceased person, the circumstances of the death, or to things that occurred after the death. People with complicated grief know their loved one is gone, but they still can't believe it. They say that time is moving on but they are not. They often have strong feelings of yearning or longing for the person who died that don't seem to lessen as time goes on. Thoughts, memories, or images of the deceased person frequently fill their mind, capturing their attention. They might have strong feelings of bitterness or anger related to the death. They find it hard to imagine that life without the deceased person has purpose or meaning. It can seem like joy and satisfaction are gone forever.

# *The Monthly Haven*

*Saf havenforwidowed.org*

## *“Words From Our Administrator”*

On August 29<sup>th</sup>, 2014 Saf havenforwidowed.org and its staff became extraordinarily honored to be able to share with all widowed and non-widowed in the widowed community and worldwide no matter how long your loss was or whom you lost. “The Widow’s Voice”

THE WIDOWS’ VOICE is a weekly interactive talk show broadcast via the internet every THURSDAY at 2:30pm and 7:00pm EST on the internet.

Tune in from the comfort of your Home, Office, or car via the internet at <http://www.wmbm.com/> or you can download the free App and listen on your smart phone or tablet. (Just click “Listen Live”) Just go to the App Store on your phone or tablet and search for WMBM-AM; it’s that simple!

Tracy Crain  
Assistant Director  
Saf havenforwidowed.org

We have redesigned our main website making it easier to navigate and also added more features plus resources.

Added features are:

1. News Letter the Heaven  
Here you can get the current monthly version plus previous version in the archives that can be. Downloaded, printed, or read on the internet.
2. In Loving Memory (Our Angels)  
Our Angels here at Saf havenforwidowed you can visit their memorial tribute website by clicking on the picture of the Angel.

If you are interested and wish to have a memorial website designed for you angel you can it is free just goto Forms and click on Memorial Webpage Tribute Page and fill out the form and submit it. Up to 3 Individual Memorial Webpage’s per member unless approved for more by administrator. This is free and custom designed and your very own Memorial Tribute Website for your lost loved ones. Each page contains you very own guestbook so you and your family, friends can write in it.

# *The Monthly Haven*

*Safehavenforwidowed.org*

## *“Words From Our Administrator”*

3. Events  
Monthly Calendar showing daily events and announcements.
4. Mailing List  
To Receive All Future Mailings  
  
**Note: If you are already receiving The Newsletter and announcements, etc you are already on the mailing list and don't need to fill out a form. Unless you had opt out in the past and been removed from the list then you would have to fill out the form now.**
5. Frequent Asked Questions
6. User Guide
7. Tell a Friend  
Recommend us to a friend or family member tell them about us they don't have to be widowed All are Welcome to come here Safe-havenforwidowed is for widowed and non-widowed all types of losses related to the loss of a loved one.

You know someone that is a caregiver right now for their loved one we understand that too they are invited too.

### Resources:

1. More Articles
2. Bereavement Guide - After A Loved One Dies
3. Guide To Children & Grief
4. Books

This project isn't done yet this is part one of a four part redesign plan here and we are excited and about the new changes already and can't wait to see the part soon.

If there is anything that you feel we need to add or feel that is needed please let us know too by contacting the webmaster here. You will find the Webmaster contact under Contact Us.

Tracy Crain  
Assistant Director  
Safehavenforwidowed.org

# *The Monthly Haven*

*Safehavenforwidowed.org*

## *“Words From Our Administrator”*

If there is a topic / poem or story that you would like covered or would like to share in an upcoming newsletter, please let us know. You can email it to: [Thehaven@safehavenforwidowed.org](mailto:Thehaven@safehavenforwidowed.org) to suggest the subject or you can write a piece yourself and submit it to be reviewed for possible publication. We appreciate all suggestions and inputs.

The newsletter is sent out on the sixth of every month, once a month.

Sincerely,

Tracy Crain  
Assistant Director, SHFW

The hardest words for us to hear are “We wish we have had known about you earlier.”

If you have family members or friends that have lost a loved in death no matter how long ago who need support from those that understand and do get it.

Safehavenforwidowed is for all who've lost a partner: women, men, and straight, LGBT, all ages, kids of all ages, no kids, unmarried, all religions or no religion non discriminating or judgmental.

Have them meet others also on the same journey and path, who totally understand. Where they can find members to chat with in or chatroom and get support, we also have forums to participate in, and posts to read or write plus offer other resources.

Invite them to come to our website [Refer our site.](#)

# *The Monthly Haven*

*Safehavenforwidowed.org*

## *“Words From Our Administrator”*

Dear New Members

We would like to welcome you to Safehavenforwidowed.org, we are so sorry for your loss and our prayers are with you all.

So sorry we had to meet this way and glad you did find us you will find this site very friendly and the members very supportive and the moderators and administrators also very helpful everyone does get it and understands.

A little history about Safehavenforwidowed for you:

Safe Haven for Widowed was founded and developed by : Bill Fyler November 19th 2009.

In the remembrance of his wife Terri Lynn Fyler, who passed away on December 26, 2008 giving support to those that suffered a loss of their loved one.

Bill wanted others to know they do not have to travel this road lone and there are others that understand and are ready to help you navigate this road you find yourself on and not alone.

In a safe confident, private, secured environment where everyone understands.

We are a large family here and we all do get it and understand and have all are on the same journey.

SafeHavenforWidowed.Org is a safe confident, private, and secured environment where everyone understands.

Support group for Widows, Widower, Non - Widowed and Youth, that lost a spouse, partner, or a loved one, going thought the grief process.

Safehavenforwidowed.org offers two separate chat rooms, for Widowed and Non-Widowed with any kind of losses.

A specially geared Youth Chat Room just for our younger people who have experienced loss. This room is open to anybody up to 16 years of age and younger.

We also have a Forum and Bulletin Board with many topics when you can post and leave memorials and offer other information and resources on grief etc.

Chat rooms are monitored periodically by our administrative staff that also has experienced loss.

We are all here for you 24 hours a day, seven days week, 365 days a year.

# *The Monthly Haven*

*Safehavenforwidowed.org*

## *“Words From Our Administrator”*

As the season's changes are approaching and the nights will be getting longer we will all become cooped up into our homes more?

We would like to have more activities here for everyone to help get each and every one of us through the months ahead of us.

As we all know lonesomeness is one of the hardest things to handle on this journey.

We would like some input from the members new and old on ideas on what you would like.

We will have a section in forum for this for your ideas under Special Interest or under forms in the suggestion form.

We have no problem with team leaders for this either. If a member would like to start something on here we would be more than willing to help set it up for them too.

Sincerely,

Robert Greenfield  
Public Relations Administrator  
Safehavenforwidowed.org

This year is our fifth 5th year on the internet giving Bereavement \ Grief support to all those that have lost a loved one widowed or not widowed including youths.

We will continue on this mission giving support to all worldwide in a secured, safe, confidential environment where no one is judged, discriminated and don't have to be scared to talk for many many years to come.

All members, moderators and administrators do understand and do get it we all are on this journey together and support each other through this journey.

Safehavenforwidowed.org now is located on Seven (7) plus different locations on the web now reaching out worldwide, giving support in secured, safe environments to members

Main Website [Safehavenforwidowed.org](http://Safehavenforwidowed.org) or [Safehavenforwidowed.com](http://Safehavenforwidowed.com)

Facebook [SafehavenForWidowed](https://www.facebook.com/SafehavenForWidowed)

Google + [Safehavenforwidowed](https://www.google.com/+Safehavenforwidowed)

LinkedIn <https://www.linkedin.com/Safehavenforwidowed>

Manta <http://www.manta.com/c/mx2qvcw/safehaven-for-widowed>

Twitter [Safehavenforwid](https://twitter.com/Safehavenforwid)

YouTube [www.youtube.com/user/Safehavenforwidowed](http://www.youtube.com/user/Safehavenforwidowed)