

*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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The New Normal what is it we ask and why we

When we suffer the loss of our loved one, our whole world stops and goes upside down, and our new normal becomes completely different from what we have known before. We are different then we were before. Our lives are totally different than they the way they were before and we used to being. That "Normal" feels and seems like something of the pass and so far away anymore. This is what is called the "New Normal" we hate it, don't understand it , scared of it and this is normal to feel this way so do not think you're crazy or something is wrong with you because it is not.

When someone dearly we loved has passed away, and was a integral part or our life, causes a intense and incredibly difficult experience. Most of the time bereaved people find they are misunderstood by others who have not experienced the same kind of loss or who have not faced the death of someone they loved deeply or who was an integral part of their lives. Often in grief, it can seem nearly impossible to understand yourself, much less find others who can understand.

If you are experiencing the loss of a loved one, or having difficulty understanding the intensity of your grief, may feel completely alone, confused and possibly afraid. Experiencing thoughts, feelings, and unusual phenomena you have never experienced before. Please know In light of what has happened these things you are experiencing are normal. The pain and symptoms of grief impact every area of your life your body, mind, thoughts, feelings, and spirit. This Grief Journey is the hardest and most difficult journey to be one and we did not ask to be one it or chose to be,, but it can bring some comfort to know that you are not alone and there are people that do understand and are on it and there to support you and be there for you also you are not alone. Information about the normal ways that grief and this journey can affect us can be very helpful. Unfortunately, all of us in time will have to experience the loss of a loved one, and the pain that follows, and there is no manual or anyone to tell us what to expect.

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The Physical Affects:

It effects us physically, we feel like a weight on our bodies, frequently experience changes in appetite, we either eat more or less than usual. Along with appetite changes, weight gain or loss may occur. Eyes may be tired, irritated, dry or itchy. You may cry daily, several times a day and all of a sudden cry, or you may not cry at all. You may feel unable to cry. Crying a lot, not at all, or in between, is all normal. Notice changes in your skin including pale or sallow color, dehydration and dryness. (Why very important to drink plenty of fluids to stay hydrated.) Feel as though you are having difficulty breathing. You may notice that you are holding your breath at various times throughout the day. Your energy level may change drastically. Usually grieving people experience a decrease in energy; getting out of bed can seem like a huge task, but occasionally, energy levels can be extremely high with restlessness and a need to be engaged in activity. You may experience extreme tiredness or fatigue after only a small bit of physical activity. You may experience headaches or other pain in various parts of your body, including pain in the chest.

You may notice changes in your sleeping patterns, including inability to sleep, frequent waking, or sleeping more than is usual for you. Some grieving people report having increased sensitivity to loud noises or light. All of these physical changes are common during grief and can sometimes be very difficult to understand.

The Cognitive Affects:

This affect us cognitively, in changing the way we think and how our brains work. We feel confused; in disbelief have feelings of unreality, as if this cannot be happening to me.

We forget things, have trouble gathering our thoughts. A lot have experienced seeing or hearing their loved ones. Often grieving people talk about feeling as if they have been in contact with their loved ones. This is a very common experience that many people have and are reluctant to talk about. These experiences may feel scary and create added anxiety, but most

often are comforting experiences.

People on this journey also have frequent thoughts of their loved one and often spend a lot of time trying to "make sense" of the loss

The Spiritual and Philosophical Changes:

Grief affects us spiritually and philosophically on very deep levels. No matter what a person's religion or spiritual belief system, the death of someone we love deeply changes us fundamentally. The death can cause all sorts of questions to play over and over in our hearts and minds. Why did this happen? Why did God let him or her die? Why him? Why her? Why me? Why is God punishing me? What did I do to deserve this? Is there a God? Where is my loved one now? Can they see me or feel me? Life is Unfair. What is the meaning of life?

Some grieving people may find that everything we thought we knew or believed in is suddenly called into question after the death of a loved one. It is common to face a spiritual crisis following the death of a loved one. Conversely, some grieving people find their spiritual lives become greatly enriched. They may find great strength in spiritual or religious practices, including increased prayer, meditation, or other spiritual activities

The Emotional Effects:

While we expect to feel sadness, sometimes the intensity of that sadness can take us by surprise. Feelings anxious, nervous, or confused are common emotions grieving people feel. Other emotions such as irritability, frustration, anger and loneliness, are also normal. Feeling depressed, hopeless or having no interest in activities that previously interested you can also be very normal. Guilt can be a very difficult, but common, emotion to experience after the death of a loved one. All of those feelings (and many more) and combinations of feelings are normal. It can be important to recognize that what you are feeling is normal, but it is equally important to let someone know about your feelings, especially if you have prolonged experiences of deep sadness, guilt, anxiety or depression.

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Is there hope:

Yes Sometimes it seems that many people in our society believe that the time for grieving should be over soon after the funeral, or at most a few weeks or months later. This is not true.

Your process for healing may last several months or more. Each person is individual and how long you spend healing from the pain of grief depends on your relationship to the person who has died, how emotionally intertwined your lives were, and your own personal coping patterns.

Over time, the deep and overwhelming feelings of sadness and the rawness of the pain will lessen. You may feel that you are not strong enough to bear it, but over time your “grief muscles” develop and you can manage your feelings in ways you could not have imagined early on in your grief journey.

There is no specific time-table for healing to occur. The time will vary for different people and depending on your relationship to the person who has died.

The strongest and most intense feelings generally occur over the first year following the person’s death. But even after the immediate, intense feelings subside, it is important to know there will always be times throughout your life when you will miss your loved one and feel sad.

This is okay. You will never forget your love for someone so important to you.

There may also be times when you are not expecting it that sadness and intense feelings of missing your loved one will wash over you. Be aware of “triggers”—events, circumstances—that cause you to suddenly feel awash with sadness and the pain of missing your loved one. Sometimes you will already know what they are, but sometimes you won’t see them coming. It may be helpful to spend some time thinking of things that may be triggers for you and how you will handle your feelings when they occur. When you are in the midst of intense pain from grief, it can seem as though things will never get better. You may feel better for a little while and then find yourself feeling wrapped once again in pain as raw as you remembered your very early days and weeks of grief. It can seem as though the work of grieving is never done. The time will come though, when you can begin to build a different life for yourself. You can find meaning again in your life. You will be different. Your life will be different. You will still miss your loved one, but you can survive and even thrive. It takes courage and patience, it is difficult and painful, and you can do it.

Be gentle with yourself and the process and to remember that this is the new normal.

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Do not let anyone judge you

Do not let anyone judge you, or underestimate what you are going through.

They cannot understand the Storms inside your soul.

It is okay to cry, grieve, hurt and FEEL.

Feeling is Healing.

How can you heal what you refuse to confront.

Melt downs are okay. Crying when you need to is okay.

Needing to be held and comforted is okay.

It doesn't mean you are weak or selfish.

It means you are

Strong enough to accept and acknowledge what you feel.

Feel what you need to. Let the Storm pass, and breathe in the purity of Courage. The knowing that you CAN cope with this.

Everything will be okay. You CAN you do it and you WILL.

Life is full of Miracles. Never give up hope and believing in all the goodness that is there.

Hold to that thought - Think Positive - and you will see your whole Life begin to change.

Be Strong Beautiful.

Just because it's Stormy Now;

How Did GRIEF Get an Expiration Date?

Certain things need an expiration date. Milk, eggs, mayonnaise, meat, and fish... there is a time we need to be done with them, and throw them away... I get all that. But does grief have an expiration date? For some reason, there seems to be an acceptable shelf life—6-12 months—and then grief should be off the shelf, out of the home and permanently removed with the weekly trash service. If it was only that simple

Right well guess what:

The "grief expiration date" myth must come from people who have never experienced a close death – otherwise they would know the truth. Everyone fears facing such a loss. They are hopeful that should death touch their world, it will only take 6-12 months to recover. No one wants someone they love to die. So, until faced with the reality, it's easier to think 'this won't happen to me, AND if it does it will only be bad for a finite, short amount of time and then...

there's an expiration date and it is magically all gone.' What a wonderful world that would be.

I've heard time and time again there is a societal expectation to "get over" grief in 6 months, and at the longest, a year. Those who aren't grieving believe it, and often those who are also believe it - this sets grieving people up for false, and ultimately disappointing, expectations.

The one year mark looms like some golden carrot over the heads of those who are grieving. It is a symbol of hope that if they make it to the one year mark they will be in a much happier and pain free place.

The reality is they won't be over it, nor should they be. If someone spent years loving another person, the pain of that person's death simply will not be removed due to a date on the calendar.

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How Did GRIEF Get an Expiration Date?

The opposite actually might happen – people who are grieving may feel even more pain in year two because the initial numbness, which often serves as a protective barrier at the onset of loss, has worn off and they begin experiencing the full intensity of their feelings and grief. This is accompanied by the realization that life with loss is their “new normal.” If you allow yourself to believe there is an expiration date for grief, you will start to think you aren’t doing well if you still miss your loved one 5, 10, 20, 40 years after the loss. In reality – it’s normal. And it’s okay. Grief IS a life-long journey. An emotional handicap you get up, and live with everyday. It doesn’t mean you can’t lead a happy life, but it is a choice, and takes work.

The frequency and intensity of the grief rollercoaster and monster should lessen over time, but the reality is every now and then for the rest of your life, they will appear still when not expected. Everyone grieves at their own pace, and in their own way. There is no one way to grieve, and no certain order, and no timeline.

There is definitely not an expiration date.

Grief will take on different forms in different people. Not everyone cries; others cry all the time. Some exercise a lot. Others talk about it a lot. Many seek counseling or join a support group, and enjoy the company of a good and understanding listener. If a year after your loss, thinking of your loved one missing a special day or milestone in your life, makes you sad, puts you in a funk, or makes you cry, don’t beat yourself up. Allow yourself the ability to grieve the loss of memories not created. As long as the frequency and intensity of grief eases—even if it is slowly over time—you are coping in positive ways.

Grieving in a healthy manner, taking steps to move forward, and rebuild your life with a new normal, doesn’t mean you won’t have those tough days or tough moments.

There is no expiration date. Grief never fully goes away. That doesn’t have to mean you can’t and won’t live a happy and productive life. What it does mean is the love you shared with loved ones lost doesn’t have an expiration date either.

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User Profile's

We are planning some get togethers for Saf havenforwidowed.org, this year. For our members and guest and are asking those who have not complete their user profiles please do so. Also this is one of the Rules and Guidelines here on the site must have a completed profile on file. Here are the Steps and visual aids to help in doing this.

And we would like to have them all completed now by the 26 so we can finish up the loose ends on the get togethers and also update register members records. And those that have not completed a profile after that date could find that their membership has been suspended for not having a completed profile.

1. Go to the blue User Cp or Status on top of the chat room box.

Click on it

And you will see this box display

Home
Profile
Settings
Status
Block list
Offline Msgs
Word Filter
[Close]

2. Now Click on Profile Under User Cp in the box

Home
Profile
Settings
Status
Block list
Offline Msgs
Word Filter
[Close]

3. Now after clicking Profile you are now going to see your profile

Fill in the areas highlighted in Red here and when completed

Click the Update button on the button to save your profile information.

Password:

Retype Password:

E-Mail:

Name:

Location:

Hobbies:

Bio \ Widowed Infor:

Gender:

Avatar:
[Upload]

UPDATE

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Help Yourself through the Grieving Process

One problem we experience during the grieving process is we get "stuck" on a certain stage at times. This usually happens when your belief system tells you that a "good" person wouldn't have the feelings or thoughts you're having. "It's not right," we tell ourselves, "to feel numb or detached after something terrible happens, to be angry at someone who died or got sick, to feel guilty about something we have no control over, or to get so depressed we can't meet our responsibilities." Or we feel foolish for feeling sad about "losing" something we didn't like very much to begin with. So, when we find ourselves having those feelings, we fight them, and in the process, we make the feelings stronger, make ourselves feel worse, and diminish our ability to cooperate with the natural process of integrating the loss into our lives.

Here's a short list of time-tested ideas that may help:

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Always remember this: **There are no bad or wrong feelings.** Everything you feel is exactly what you need to feel right now and is normal.

If your feelings seem too overwhelming to allow you to function as you need to, try setting aside specific times every day **to allow whatever feelings you have to come up.** Once your feelings know you're willing to have them, they'll usually be quite happy to come and go quickly, a little bit at a time. It's when you're fighting them that things can get really bad.

Let yourself **express your feelings physically.** Cry, shout or scream if you need to. Find something to pound on or break. Go sit in the closet if you need to get away from people. Emotions are designed to move you to do something, and if you leave out the "doing something" part, you're not fully expressing the feeling. Just be sure there's no one else on the receiving end who could be hurt—or who might be inclined to call the police because you're acting a little strangely.

Don't try to talk or reason yourself out of your feelings. Instead, try to **have a conversation** with them, as if you were talking to someone else. Ask them where they're coming from, what they're about, and what they are trying to tell you. **Keep a private journal** where you have these conversations with your feelings that you never share with anyone else. That way, you won't have to worry about subconsciously censoring yourself.

If possible, **find others** who have gone (or are going) through similar losses to help you feel less alone and confused about what's going on.

Recognize that times of grief are **not the time to play superhero.** You won't be able to function at your best, so accept all the help you can get. Even if it doesn't seem to really help much, it will make the people around you feel better, and that will take a lot of stress out of the situation.

Find someone you trust to talk to about practical daily business. Give she/him permission to be honest with you when she/him thinks your feelings are clouding your decisions and judgments.

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Words From Our Administrator

This month Safehavenforwidowed has opened it 5th Chat room on its website for Non-widowed General Chatroom that have had loss. This room does require registration and email verification like any other here. This room is open 24/7 365 days a year and is periodically monitored and logged and recorded 24/7 365 days a year, all are invited to the room but again must be registered and email verification and to log into this room or any other room.

Moderators needed

Safehavenforwidowed.org is looking for a few good moderators that would like volunteer 4hrs, 6hrs or 8hrs monitoring our chatrooms and forum areas. You don't need experience and will be trained. If interested contact myself or Robert here with the hours you would be available and the days of the week. And we will or best to set you in the schedule for those days and times. The month of April was a very high month with 3528 users visiting the site and which does require at times requires doubling up in a room with extra moderator. Month of April man hours were 6500 hrs which includes all moderators time spend monitoring the Website, Forum, Face book and Yahoo Group. We are seeing a increase also in the month May already. So if interested in volunteering let s know .

April	Unique visitors	Number of visits	Pages	Hits
Viewed traffic *	1272	3528	742447	764928