



A REMEMBRANCE

*You can shed tears that one is gone,
or you can smile because they lived.
You can close your eyes and pray they
come back,
or you can open your eyes and see all they left.
Your heart can be empty because you cannot
see them,
or you can be full of the love you shared.
You can turn your back on tomorrow and
live yesterday
or you can be happy for tomorrow
because of yesterday.
You can remember them and only that
they are gone
or you can cherish their memory and
let it live on.
You can cry and close your mind,
be empty and turn your back,
or you can do what they'd want,
smile, open your eyes, love and go on.*

Author Unknown

WE ARE ALWAYS HERE TO HELP.



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TIPS FOR DEALING WITH GRIEF



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TIPS Here are some ideas to help understand and cope with grief.



1. WHILE YOUR EXPERIENCE IS UNIQUE TO YOU, THE FEELINGS YOU ARE HAVING ARE NATURAL

They are yours and you have the right to hold them or to share them. If you feel like you need help, consult a therapist or find a support group

2. DON'T EXPECT OTHERS TO MOURN THE SAME WAY YOU DO

(no matter how close). Talk about the loved one. Everyone grieves in his or her own way. Eventually there is acceptance and your pain will lessen and not feel as raw. However, your life is changed forever.

3. MEMORIES HAVE A STRANGE WAY OF CROPPING UP

- sometimes with little provocation. It is ok to let them in and if tears follow, allow them to fall.

4. LAUGHTER IS ACTUALLY GOOD MEDICINE.

Laughing causes physiologic changes that create a positive effect on body chemistry.

Having a positive attitude has a powerful effect on healing, both psychologically and physically. Do your best to be positive and accept that it will take a while to feel positive.

5. YOU ARE NOT ALONE

Early on, it is normal to withdraw from people. Friends and family will get on with their lives, and you might be the one who invites friends and family to join you in activities. Being with those you care about and who care about you is life-affirming. Make plans, although initially it might be difficult to follow through. You may want to go out, but then not feel like joining in the outing. As time passes, you will feel more like pushing yourself to go. It will also encourage others to include YOU again.

6. YOU WILL FIND YOURSELF SEARCHING FOR MEANING

, for 'what now', struggling to make peace with your loss. Over time you will be able to make that bucket list; and check things off by doing. You will realize and be aware that life is short and you do not want to waste it.

7. REMEMBER THAT YOU WILL FIND YOUR WAY OF LIVING

with the grief. Sometimes it will overwhelm you, and other times it will be manageable. That is the road you now travel, your task is to make it as pleasant and worthwhile as you are able. Your loved one is gone. Your suffering will not change that.

GRIEF!

Death is a reminder that our lives are finite. We do not like the reminder! Railing against it is natural, feeling the loss deep inside is natural, and thinking initially that there is nothing one can do about it is also natural. Yes, one cannot bring the person back, will not touch their hand or actually have that conversation, and go for a walk with them. The loss seems overwhelming and we grieve.

Our Jewish ritual has some interesting customs, all to aid in honoring the departed and supporting us through the grieving. One that is not often talked about is the custom of accompanying the mourner on a walk outside at the end of the 7 days of Shiva, Shaloshim for 30 days, and the unveiling somewhere near the end of the first year.

The message is clear, the mourner is to re-enter the active world. However, grief is not a short-term visitor. It is with you and hurts enormously. It takes longer than expected to re-enter the active world. There is no time table. Each person is different, each loss is unique to the mourner and each relationship is unique. We must play the hand we are dealt, the best we can. It is hard and the truth is that the hole left in one's heart may remain until the heart stops beating. Allow yourself time to feel your loss on your and not society's timetable. You will feel vulnerable. Having many different and changing feelings can be confusing. Try to set aside judgment of those feelings and accept that whatever you feel is normal for you.

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