Refreshing Mercies

Resources for Adults Facing Truman and Traumatic Grief

(Adapted from <https://psychcentral.com/health/traumatic-grief#next-steps>)

**Symptoms of traumatic grief**

We all experience grief differently. There’s no right or wrong way to grieve a loss. But if you’re experiencing traumatic grief, it may look different from other forms of grieving. Symptoms can include:

* nightmares
* difficulty sleeping
* attempts to avoid all thoughts and activities associated with the trauma
* flashbacks
* emotional numbness
* fear
* anxiety

Physical symptoms of trauma may include:

* shakiness or trembling
* nausea
* loss of appetite
* dry mouth
* problems sleeping
* trouble breathing
* muscle weakness

**Ways to deal with traumatic grief**

* **Focus on routine and maintaining structure**

*“let us run with endurance the race that is set before us”. Hebrews 12:1*

* **Know that your feelings are not uncommon**

*“Rejoice with those who rejoice, and weep with those who weep.” Romans 12:15*

* **Acknowledge how you’re feeling**

*“O my God, my soul is cast down within me;” Psalm 42:6*

* **Think about it.**

*“I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope*

 *when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning.” Lamentations 3:20-23*

* **Express yourself in a healthy way**

Journal, write your prayers, draw, sing…

*“Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.” Psalm 61:1*

* **Lean on others**

Don’t hesitate to seek out a friend or professional help

“Share each other’s burdens, and in this way obey the law of Christ.” Galatians 6:2