

ARTICLE: 5 THINGS TO REMEMBER

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1.) If you feel like you are losing your mind; you are.

Grief can be so unsettling, that you may feel like you are ok one moment and ready to pull your hair out and break everything in your house the next. And, that's ok. Everyone handles the pain differently, and I'm sure most of us feel like we are going crazy. I forgot to eat, I had never experienced that before, but I actually never felt hungry..It's too much to process, how can we expect not to lose our minds?

2.) Women grieve differently than men.

I remember being so frustrated at my husband at first. He never wanted to talk about our daughter, he never wanted to look at her pictures. I felt so abandoned, how could he feel this way? It wasn't until I met another mom experiencing the same loss, that I understood my husband. She had said that her husband was handling it the same way, and then I realized that my husband needed to grieve in his own way. From that moment on, I did not bother him or try to make him grieve the same way I was. I allowed him space to handle it his own way, at that time it meant bottling it up.

3.) Your other child is grieving too.

Grieving the loss of your child is hard to process, and also having to help your child/children grieve the loss of their sibling is unbearable. My daughter was 2 years old when we lost our second daughter, Mali. My heart was breaking, if it wasn't for my daughter Téa I would have never gotten out of bed. But, I needed to be there for her too. She had her own way of processing, that all of the sudden her sister was gone. Not only was I broken for losing my baby but my heart

shattered even more seeing Téa grieve. She cried often, and even threw tantrums. Then we decided that therapy would be helpful, and it was. I was educated on ways I could help Téa.

4.) Affect on your marriage.

This is probably the hardest thing you will go through as a couple. As I mentioned earlier, you both will mostly likely grieve differently. You both will most likely change as a person after this, your perspective on life, your priorities. These are just a few changes, but if you can hold strong and remember the love that brought you together, you can survive this and be stronger than ever.

5.) 5 stages of grief; step by step

“Since Dr. Kubler-Ross published her book *On Death and Dying* in 1968,¹ her idea of the five stages of grief has circled the globe and has found its way into many different cultures. The stages are denial, anger, bargaining, depression, and acceptance. However, Kubler-Ross based her findings on interviews with the dying, not the bereaved. She felt they represented how those who were facing an imminent death coped. It was quickly applied to the grieving as well.” (1) But, truthfully there is no step-to-step process on how to grieve over the loss of your child. Your feelings change moment to moment, day to day. There really shouldn't be either, we are all different. All I do know is that time helps, the pain never subsides but time can help you live again.

(1)- Psychology Today- Marilyn A. Mendoza Ph.D. Understanding Grief