Managing Grief By Free Expressive Writing

KK AGGARWAL

The loss of a loved is often painful. The resultant grief makes it hard to eat, sleep and leads to loss of interest in routine life affecting behavior and judgment.

Some can feel agitated or exhausted, feel like crying, or withdraw from the world and others may find themselves struggling with feelings of sorrow, numbness, anger, guilt, despair, irritability, relief, or anxiety.

It is well known that disclosing deep emotions through writing can boost immune function as well as mood and well–being. Conversely, the stress of holding in strong feelings can increase blood pressure and heart rate and increase muscle tension.

One can write on a piece of paper, in your personal book, on the open website with nick name or keep it in the mind. One doesn't have to preserve the emotions and can throw away the writings.

In absence of deeply troubling situations, such as suicide or a violent death, which are best explored with the help of an experienced therapist, one can choose writing as a way to express the grief.

- Start writing for 15 to 30 minutes a day for 3 to 4 days.
- Continue up to a week if it is helping.
- Continue writing for 15 to 30 minutes once a week for a month.
- Writing has stronger effects when it extends over for more number of days.
- Remember writing about grief and loss can trigger strong emotions (one may cry or feel deeply upset).
- Many people report feeling better after writing.
- Don't worry about grammar or sentence structure.
- Truly let go. Write down how you feel and why you feel that way. You're writing for yourself, not others.

(Source Harvard News Letter)

Group Editor-in-Chief, IJCP Group