

# GriefPlan.com

with Dr. Jason Troyer



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## Healing: Benefits of Distraction

Grief can often feel like fear -- except there are no easily identifiable threats to run away from or fight. But our bodies often feel exhausted, as if we've been constantly on guard against an unseen opponent. Distractions from our grief can give our bodies and mind helpful breaks from this extra stress.

### Considerations about Distractions

- Allowing yourself to be distracted is not dishonoring your loved one.
- You are allowed to smile, laugh, and enjoy food and distractions.
- It may help to reframe this as "temporarily changing the channel".
- I suspect your loved one wouldn't want you to be constantly in the depth and pain of grief 100% of the time. They would want you to enjoy life and others. This doesn't mean you should avoid all grief -- but breaks are normal and healthy.

### Journal Prompts

- What are some old hobbies or distractions you haven't enjoyed for a while?
- Is there a book or movie that you'd like to see? Or perhaps an old book or movie you'd like to re-read or re-watch?
- Are there volunteer opportunities that could help you escape for a while?
- How do you feel when you find yourself smiling or enjoying life? Do you experience guilt or anger? How do you feel when you see other bereaved people taking a break from their grief?
- Has anyone made a comment or indicated that they were angry with you for taking a break from you grief?