

PERMISSION TO GRIEVE



We all have a lot to grieve these days. Everything from the death of loved ones to the *small everyday losses* of life and work as we've known it, from the harms of injustice to lost *future stories*. Yet taking time to acknowledge and grieve these many losses is not always easy. Here are some steps to help you work with your grief.

1) Find an object, poem or song, jewelry, or memento of grief, and get it in front of you. Hold it in your hands.

2) Choose a mode for writing (pen and paper, computer, phone, etc.) and place it in reach.

3) Give yourself a gift of time to write and tell the story of that object and the layered ways it helps you to process your grief.

4) Share your story with someone you trust: friend, partner, counselor, pastor, or peer group. This step is important because in the telling is the *emotional connection* and more wisdom than just keeping the story to yourself.

5) Ask yourself: How can I keep giving myself permission to grieve? How might this practice be part of my regular spiritual self-care?



THREE MINUTE MINISTRY MENTOR

With Host Eileen Campbell-Reed

