

Bereaved Families of Cape Breton

Creative Writing to Deal with Grief

At some point in your life you will grieve. It could be the loss of a loved one, friend, pet, or even the loss of a job. But you will grieve. How you handle that grief and recover from it are important. There is a grieving process that we must go through in order to recover our mental health.

One method of working through grief is to write about it. You needn't be a professional writer or a published author to write about your feelings of grief. You can keep your writing private or even give your writing as a gift to someone who is also grieving.

When my uncle passed away, I wrote a poem that encompassed everything he taught me and did with his family and gave it to his daughter, my cousin, as a gift of shared grief. Another time, a special co-worker of mine who was mentally challenged passed away and I wrote a short prose for him that I read at his funeral.

Sometimes, we need to find a way to express our grief that gives more meaning to our lives other than just crying and feeling down. I believe the act of actually doing something about my grief, by writing, helped to pull me through the grieving process. The same way that a funeral gives us closure, I also believe it is a beautiful memorial to write a poem or short essay about the loss of someone we have cared about.

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