

# Care Tips for Family and Friends

“**S**he wants to go camping. She never did that when Dad was alive.”

I heard an adult son say this about his mother after his father had died. He couldn't believe it. He thought something had “gotten into her.”

Well, it had. His mother was discovering new experiences and feelings. She was developing some sense of self-reliance and was exerting her independence. She was happier away from the hustle and bustle of city life.



Remember that the experience of the death of a loved one often drives people into a closer relationship with nature. There is something about giving the beloved over to the natural order of life and death which makes us want to be in deeper touch with nature.

As your friend or family member explores new ways of bringing satisfaction and meaning into their lives, you can help them by being supportive of their efforts. Don't worry about the long term implications. Some things are fun for a while but don't become a permanent part of the person's new life. The important thing is the development of a new life.

Remember that your loved one will make mistakes. It is confusing to try to create a new life apart from the one who has died. Gently help them move through their mistakes and try new things. It takes a lot of time and a lot of experiences to discover the person that is within and wanting to grow.

## *Coming in the Next Issue*

The Future

Getting “Through Your Grief”

How am I Doing?