

## **In the Fog**

Grief causes a fog to roll into your life. This fog of grief can affect your ability to think and concentrate. The fog starts right after the person you love dies. Even after the shock wears off, sometimes the fog can linger. Drifting in and out of your days and nights.

Your grief can get so heavy that it surrounds you and clouds your mind. It interferes with your ability to think clearly. You walk into a room and wonder why you're there. You put your car keys in the refrigerator. You read the same page of a book over and over and you can't remember what it was about.

If you feel stuck in the fog of your grief, be patient with yourself. It's totally normal and will eventually lift. Just try not to do anything that's difficult or requires a lot of concentration. If you do have to do something.... ask for help.

After my loss I had to put those little yellow "post-it" notes all around my house to remind me what I had to do. They helped, but I still found myself doing some really goofy things. One day I went food shopping and pushed the cart to my car, drove home, and realized when I got there, I left all my groceries in the cart.

Here's the thing...if you still feel like you're living in the fog of grief, try not to make any irreversible decisions until you reach a point where you can clearly think through all the long-term implications.

I promise you the fog is only temporary, it may linger at times, or come and go for a while.... but sooner or later it will lift.

### **Gary Sturgis - "Surviving Grief"**

