



Grief is a lonely place and no one can carry that burden for you. Grief is utterly unique, all consuming and can be emotionally exhausting. Grief can come at any time and in many forms. People grieve at different times and in different ways. Love is forever—don't lock your grief for your loved one away.

Its okay to grieve, your whole life just changed beyond what anyone can imagine. Grief affects the whole body, permit yourself to feel your emotions. Grief can even cause pain and worsen painful inflammatory conditions as well as lowering your immunity. If you struggle to cope with the pain and it becomes debilitating, you feel stuck or the sadness interferes with your ability to function daily, you do not have to carry it alone, although grief can make you feel lonely, you are not alone. Seeking social support with others who have been in similar situations by sharing your experience has the ability to ease some of that hurt. Grief hurts because it's a full body biological response to losing a vital attachment and leaves a void nothing can fill. Pain is sudden, raw and often feels unmanageable.

The intensity is often severe as you navigate through the first year. Maintain communication in someways that is meaningful to you. Do an activity that restores your soul and makes your body feel alive. Time doesn't take away the pain but has a way of smoothing out the rough edges.

Give yourself permission to feel and practice being kind to yourself. Being a long-term pain sufferer is a form of recurring grief being a continuous process of adjusting to a body and a life that have been fundamentally altered. The loss of your past self, independence and vitality. The sorrow over limited physical capabilities, being unable to work or join in activities, losing friends who do not understand your limitations. Everyday flares are a constant reminder of loss causing a vicious cycle of denial, frustration, increased pain, anger and depression. Chronic Pain is often invisible leading to emotional isolation.

Come and share your feelings with people who fully understand what your going through.

Positively Crafty—decorating bottles was the theme for the July session. One of quiet concentration, self-absorbing and all achieving. The end result being a calming reflection to enjoy in moments of chaos. Crafting brings people together in a socially engaging environment and allows you to connect with others in a similar position and unwind your mind thus creating a distraction from your pain. Come along and join in the fun.

