

You Know You Are Healing Recovery Signs

The grieving process is different for everyone, but there are some general signs that can help you know when you are recovering from grief.

Grief can be a lengthy process that lasts from anticipatory grief—the process that begins before an individual has died—to recovery. So how do you know that you are recovering? Listed below are some of the most common symptoms of recovery from grief. As you read the list, remember that recovering doesn't mean that you will no longer feel the pain associated with the loss. It just means that you are starting to move forward with your life.

Signs that you are recovering from grief include:

- Noticing your own recovery progress
- Feeling more emotionally stable
- Being able to laugh and joke with others
- Sharing funny memories about the deceased without feeling sad or crying
- Tackling holidays without feeling lost
- Forgetting a ritual (e.g., visiting the cemetery) and not feeling guilty about doing so
- Feeling good about taking care of yourself
- Looking forward to the future
- Enjoying old activities you temporarily gave up
- Developing new activities and interests
- Desiring to help others in need

© Copyright FamilyCare America, Inc. All Rights Reserved.