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A Light for the Soul That Weeps

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February 09th 2015: Loss and Grief - It's Impact on Self-Care

When we experience a loss or grief our world becomes a distorted maze; much akin to a trip through a hall of mirrors at the local carnival. A shock reverberates through our system by the loss and grief and our perceptions of our world change. The type of loss we experience will affect the degree of distortion. Nevertheless, whatever the degree we will notice that our sense of self is impacted; and this will directly impact our care of self. It is at this time that caring for self becomes most critical while conversely it becomes most challenging. The stress of the trauma and the multidi

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