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Subject: CBT tip of the week

What do I do in the midst of overwhelming grief?

First, notice feelings, name them, and permit them: e.g., sorrow, anger, helplessness, fear.

Second, note that grief is the *healthy* response to the loss of someone we care about. It does not feel good, but it is right. It is how our attachment system is made.

In other words, grief and loss, are part of being connected and having deep, caring relationships. When the loss comes too soon, it feels somehow wrong. But the feelings are not wrong.

Third, I might ask myself, what should I do? There are two answers here:

- 1) Do nothing. Just be with the feelings. Cry. Listen to the saddest song you know. Rage at the fates.
- 2) When it is time to act, act in accordance with your values. Reach out. Sing. Write. Help someone else. Take care of your body. Remember that you and everyone you care about is precious.

And a recommendation. The 10% Happier [podcast](#). This is a podcast about meditation, and about how to be healthy in a difficult world. Very good material for listening during a long run or doing the dishes.

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