



Grief Is Hard, But It's Not Forever: Read This If You're Having Suicidal Thoughts

The grief that comes with losing a loved one can be overwhelming. It can make us feel things we've never felt before, and we have a hard time coming to terms with these new, intense emotions. The most important thing to know is that your grief will subside. It will get better over time. Suicide is a permanent move to end a temporary problem. It is never the answer.

If you're feeling suicidal, stop what you're doing right now and do nothing. Give yourself at least a few days. Take this time to call someone who can help - someone who knows what you're going through and has been trained to help you get through this trying time. If you prefer to talk to someone you know, try reaching out to a friend, family member, or neighbor. You are not a burden on them. The people in your life that care about you will be more than happy to talk with you about your feelings.

If you'd rather reach out to someone else, you should call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255. There's always someone there to speak with you - 24/7 - and all calls are completely confidential. There's even [online chat](#) available.

How to Overcome Your Grief

Life is worth living, no matter what happens. Your loved one would want you to continue on and be happy, and it's entirely possible with time. You can overcome your grief and live a long, healthy, and happy life.

You don't have to "get over" your loss. The loss of a loved one will stay with you for many years - and it should. You want to keep a strong memory of someone you loved. Overcoming grief is [not about](#) "getting over it" - it's about moving on and finding a way to live your life and be happy even though you may feel sad at times.

Know that grief is a normal, healthy process. Everyone grieves, and they grieve in their own way. Suicidal thoughts are also common. You are just experiencing a perfectly normal reaction to the loss of your loved one.

Focus on treating yourself right. One of the best ways to lift the cloud of depression that you feel following the death of a loved one is to take care of yourself. Healthy bodies lead to healthy minds and vice versa. Getting enough regular exercise and eating a healthy diet has been proven to [boost your mood](#) and help battle feelings of depression and anxiety.

Distract yourself with healthy activities

The more we allow ourselves to focus solely on our grief and sadness, the further we fall away from the things in life that bring us joy and contentment. Take up a hobby or a sport, or reconnect with one you used to love. Throw yourself into something fun and productive.

Try an online bereavement program

There are plenty of online programs designed to help counsel you through your grief, for example [Neptune Society's](#) 12 Weeks of Peace and [MyGriefAngels.org](#). There are also many [forums](#) and chat sites available. Sometimes you need a little guidance.

Suicide solves no problems. It's an action that is incredibly violent to yourself and to those around you who love you and care about your wellbeing. No matter how it feels right now, your grief will lose its intensity and you will find happiness. It may be cliché, but it really is always darkest before the dawn. You will get through this.

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