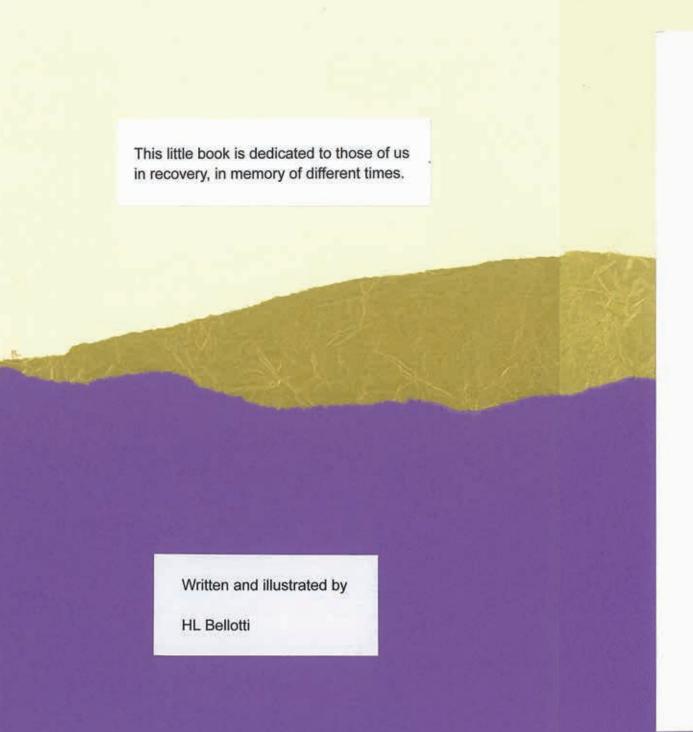
Alphabets Of Recovery



Grief and Recovery

In six short years I have lost too many people, most profoundly, my beautiful younger daughter.

Our family have organised funerals, cleared homes of possessions, executed wills, dealt with legal matters both at home and abroad, scattered ashes, and mourned.

My equally beautiful elder daughter has been the inspiration for this little alphabet book. In the early nights of losing her sister we played alphabet games to try to get to sleep, you pick a theme and run through the alphabet with it.

I also thought that whilst children's literature on coping with loss is superbly illustrated, many adult books on the theme are not. So why can't adults have picture books too?

Some pages and words in this book need no explanation as very often in grief there are no words to be used or said.

I have tried to keep this little book light, positive, motivational and encouraging.

If you are reading this, you must remember the most important rule of grieving and recovery which is

THERE ARE NO RULES!



Acceptance - of what has happened, this takes time and courage, it may never happen, it might happen quickly

Acknowledgment - of what has happened

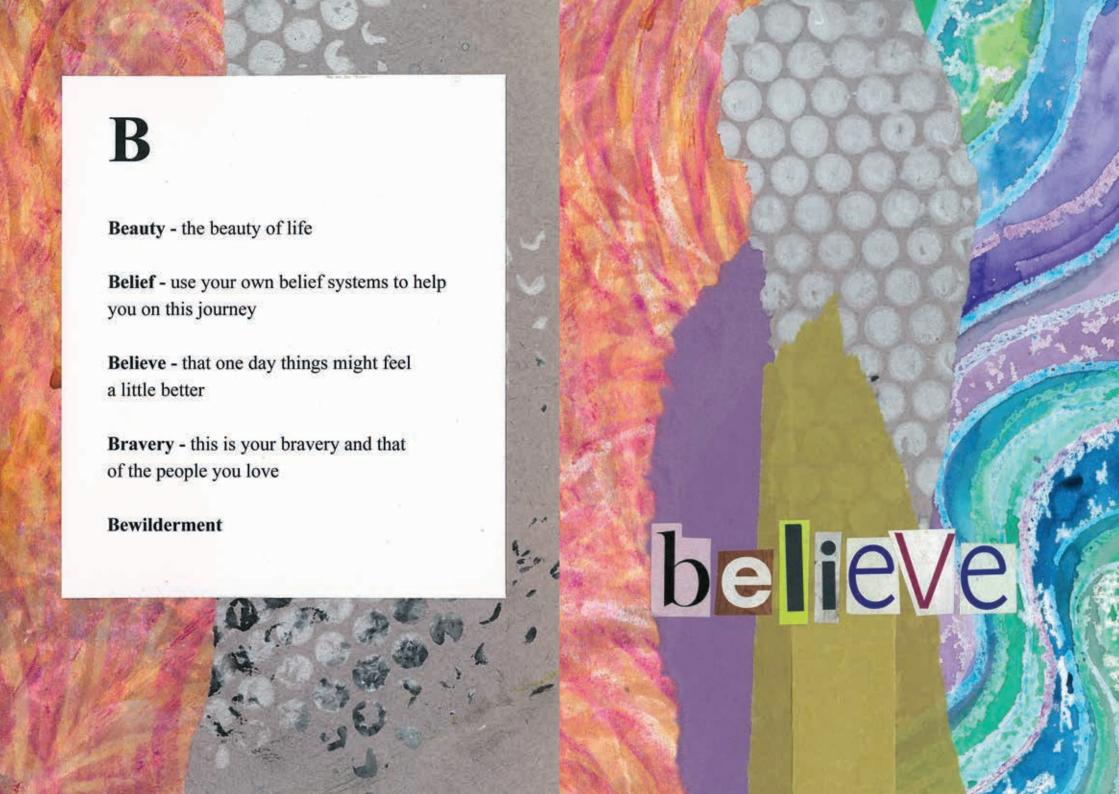
Acquisition - of skills needed to recover

Aspire - to make your memories happy ones

Achieve - start to achieve a sense of well being and serenity

Angels - no words needed!





C

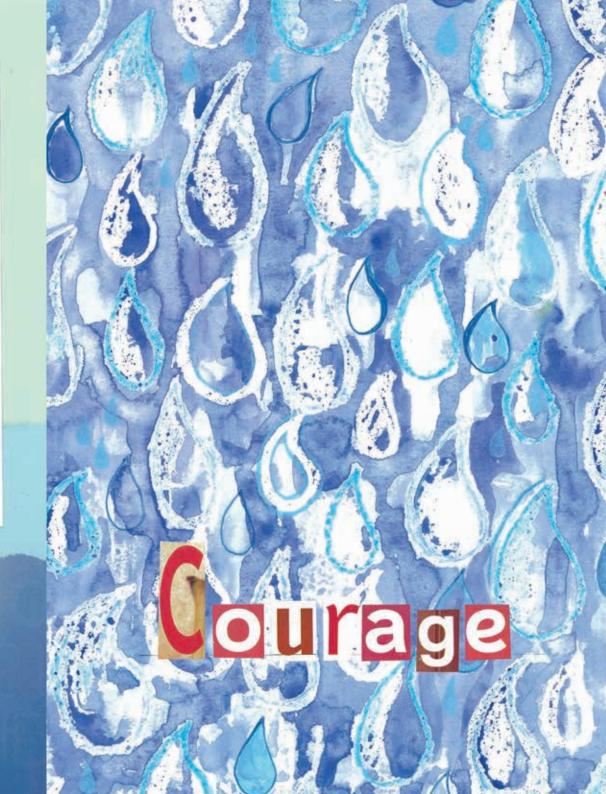
Calmness - precious moments when you feel okay

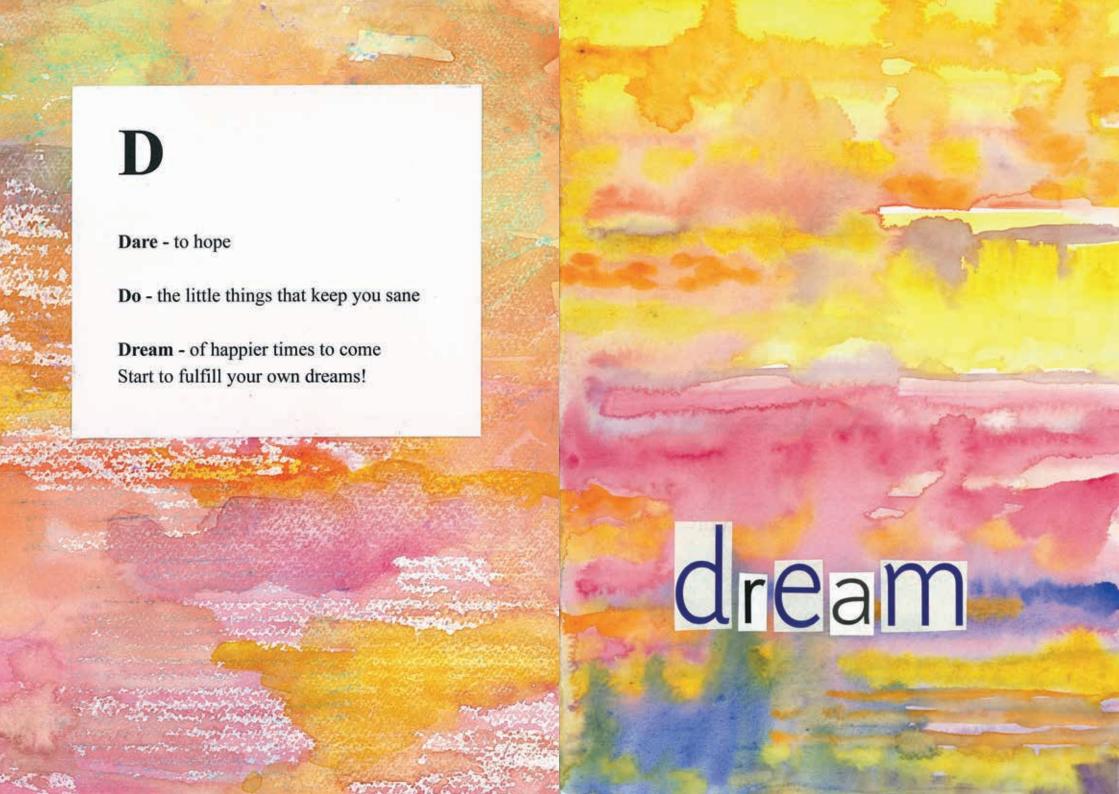
Coping mechanisms - find those strategies that help you

Constant - is your love for those you mourn

Courage - is what you need to get through each day

Cry - it's good for you!





E

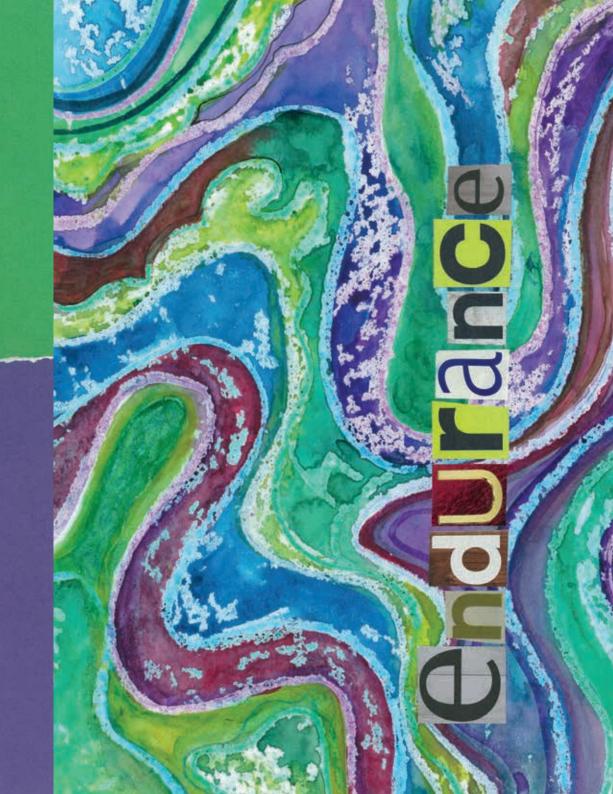
Endurance - to endure over time, to endure the rough waves of grief

Eternal - is your love

Everlasting - are your memories

Evaluate - your own life

Exercise - take the time to look after your own physical and mental wellbeing



F

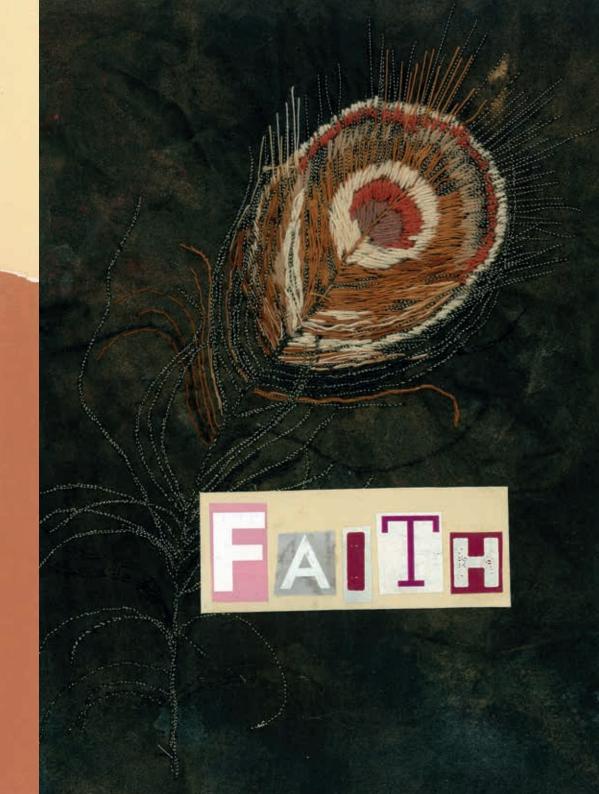
Facing the future - how you do this is personal to you

Faith

Farewell - but not goodbye

Fear - of what is yet to come

Frailty

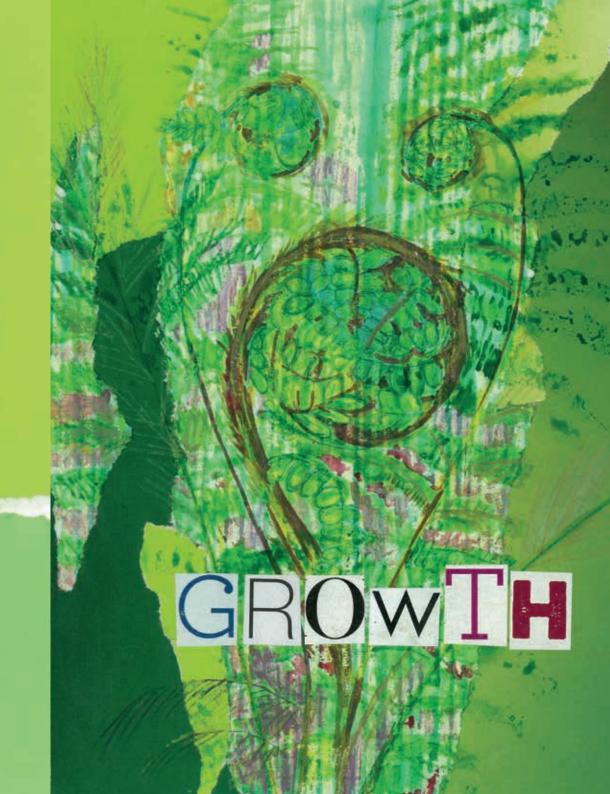




Grief

Grieve

Growth



H

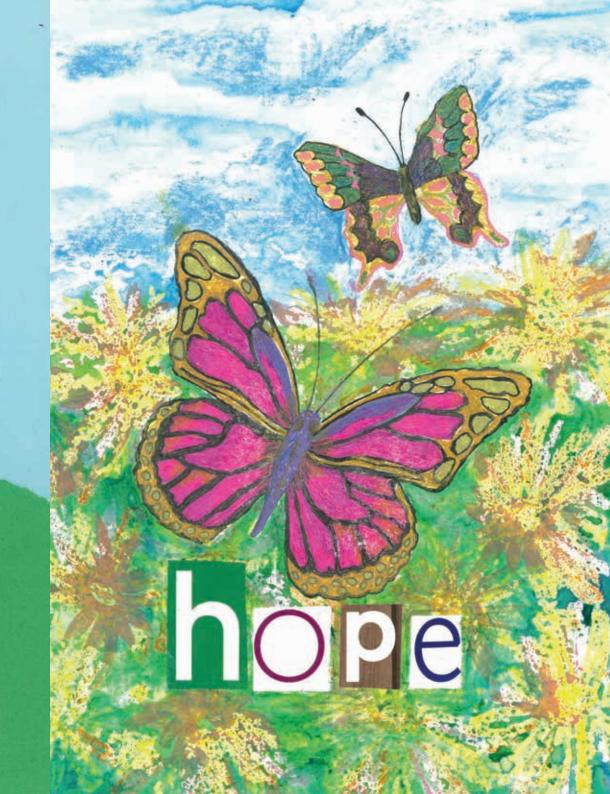
Happiness

Healing

Heaven

Helping - yourself, and others

Hope



I

Imagine - what would life have been like without the person you love and mourn?

Inspire - others through your stories and actions

Invincible - try to start feeling invincible if you can, you will not be beaten by what has happened



J

Jigsaw puzzle - fitting all the pieces of your life back together. Allow your mind to switch off for short periods of time by doing a jigsaw puzzle

Joie de vivre - try to find some enjoyment of life, something that you like doing

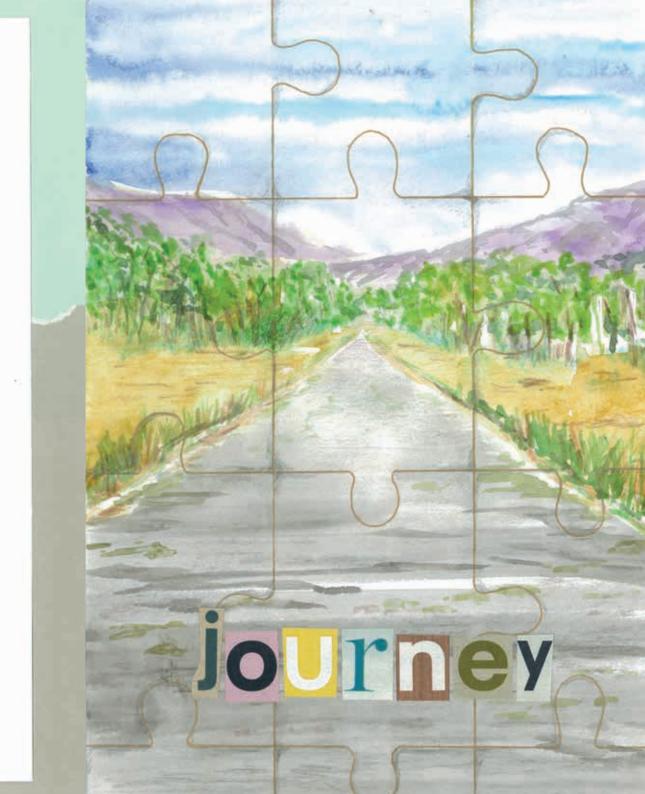
Joke - if something is funny you are allowed to laugh!

Jollity - and joyous memories.

Journal - there are no rules to keeping a journal, it could consist of doodles, single words, photographs, a daily diary, letters to your loved ones

Journey - it is your own personal journey through grief. You may find yourself doing things that you had never previously thought possible

Joy - memories of happy times and happy times still to come





Keep fit - mentally and physically

Kindness - let other people be kind to you

be kind to yourself

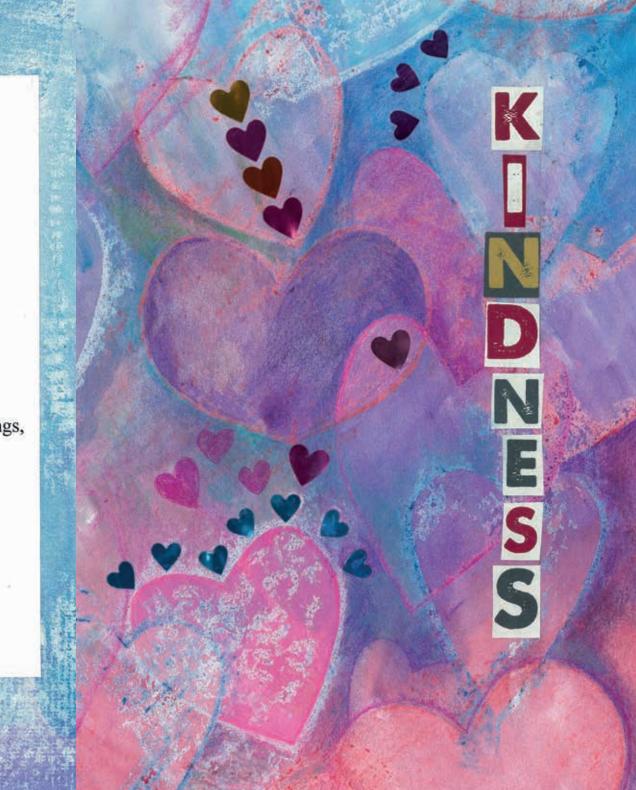
be kind to others

Kinship - allow your family and friends to share feelings, memories, plans for the future

Kisses

Knitting - knit the pieces together, or start to knit!

Knowing - that other people understand



L

Laugh - as much as you can!

Laurel leaves - used to indicate honour, valiance and victory, include them in your garden or in flower arrangements

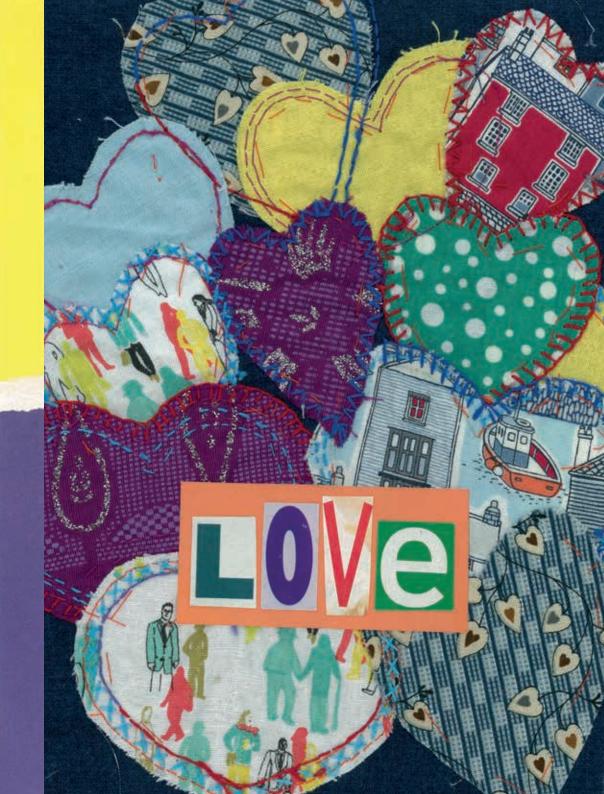
Learn - learn what helps you to heal, to relax

Libraries - great sources of information, stories, great places to go to sit and read quietly, join coffee mornings etc

Life - you have learned how precious life is, so treasure it

Live - you are still alive so go and live a little!

Love - allow yourself to be loved and allow yourself the capacity to love



M

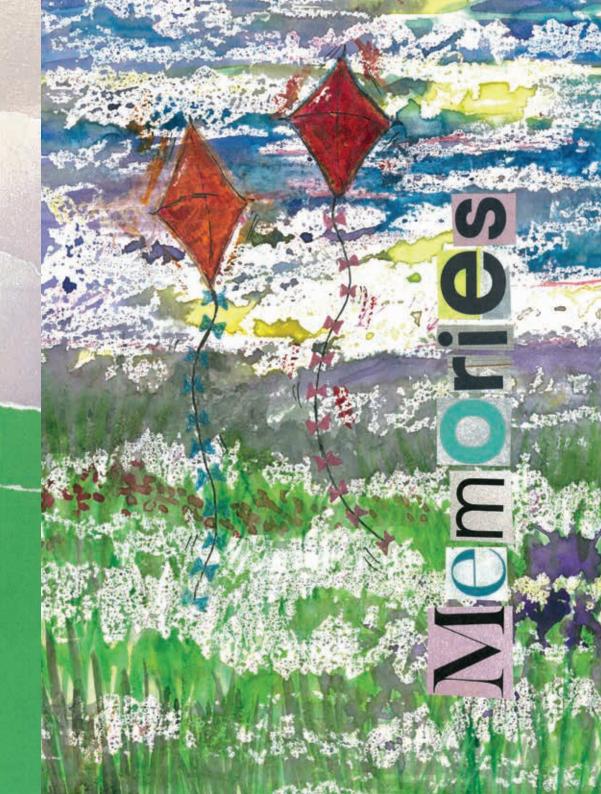
Magic - we had some magic times you and I!

Meditation - let your busy mind rest a little

Memories - keep me tied to you

Memory boxes and books - record happy thoughts and precious moments

Miss you



N

Nature - try to spend time outside, in parks, by water, the beach, feed ducks, have flowers and indoor plants in your home Nature includes forces not controlled by you so you may need to work out how you deal with this

Niceness

Nobility - be noble in your actions

Normality - grief is normal as are your individual ways of coping with it

Nutrition - eat as well as you can, look after your body



0

Overcome - you will learn how to take steps to overcome your fear and pain

Overwhelmed



P

Patience - healing takes time

Peace

Perspective

Pray and prayer



Q

Quality time - needed to help recovery

Quest - a quest for understanding what has happened and how you might positively deal with it all

Questions

Quiet - find quiet time for yourself



R

Rebuilding - your own 'new normal' life which will happen at your own pace

Recall - happy times

Reflect - on what the loss has meant to you personally, what might you change about your life because of it?

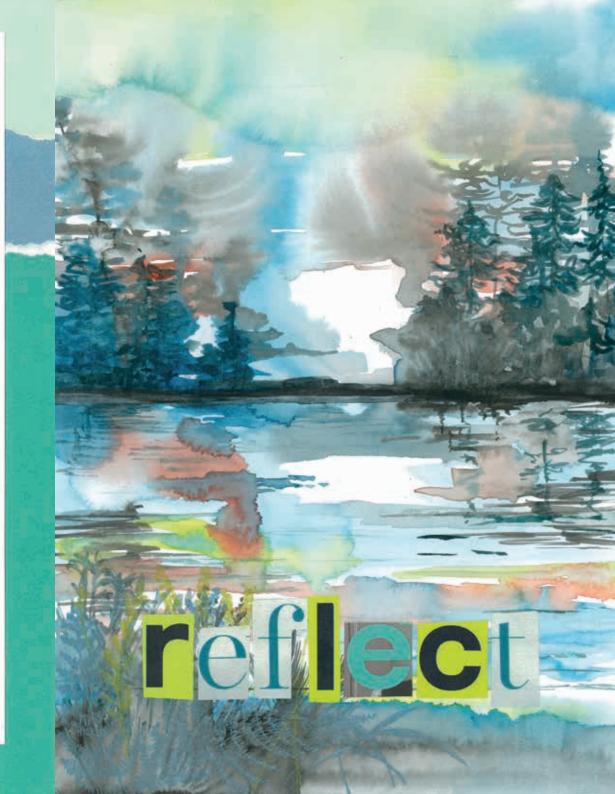
Relax

Relief

Remember

Rest

Roller coaster - the up and down emotional ride that your life may now have become



S

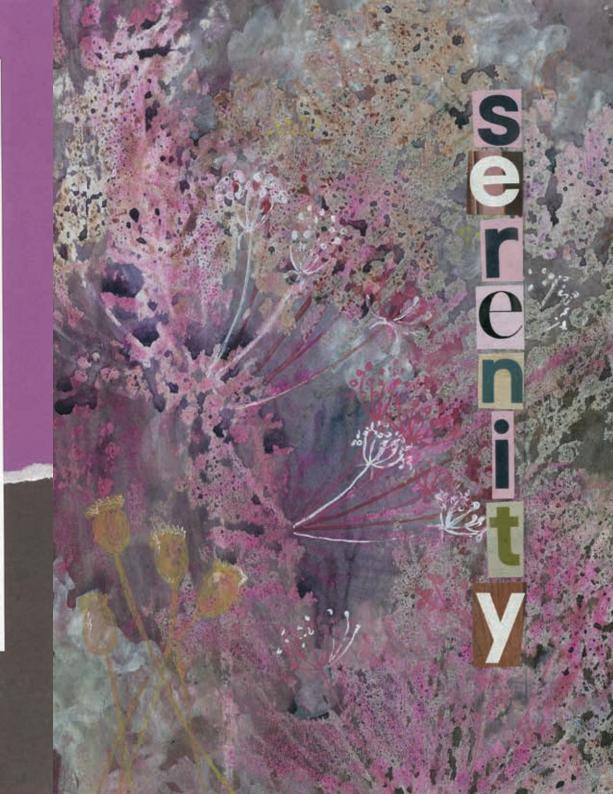
Serenity

Silence - and stillness, rest your mind

Sleep - do not underestimate the importance of sleep in your recovery

Smile - it's okay to smile and to feel happiness!

Support groups



\mathbf{I}

Talk - and tell your story

Tears

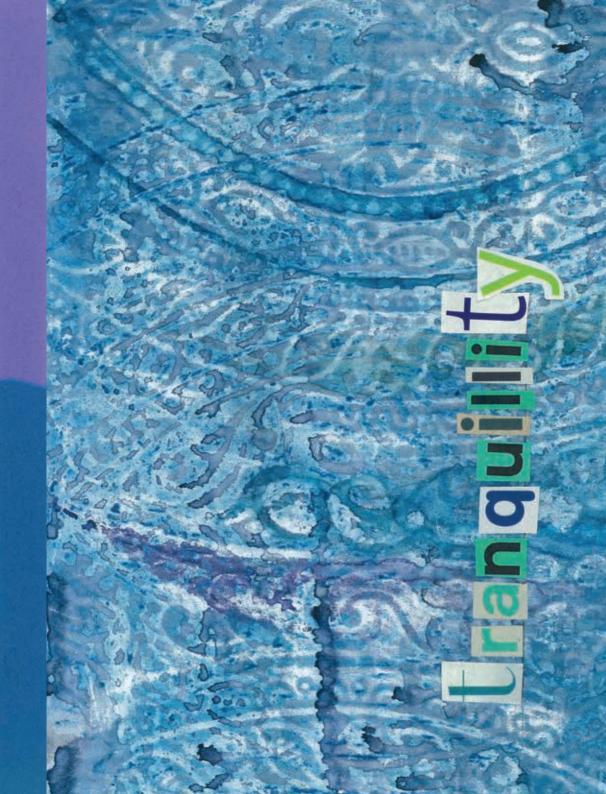
Thank you - for the part you played in my life. Thank you for the precious moments we had together and for being in my life

Time

Togetherness

Tranquillity - take time to be still, explore what gives you some peace.

Truth



U

Understanding - the gradual process of understanding what has happened

Unknown territory - What lies ahead? New possibilities, things you have never thought of, people you will meet on your new journey





Valour - your courage and bravery especially in this battle

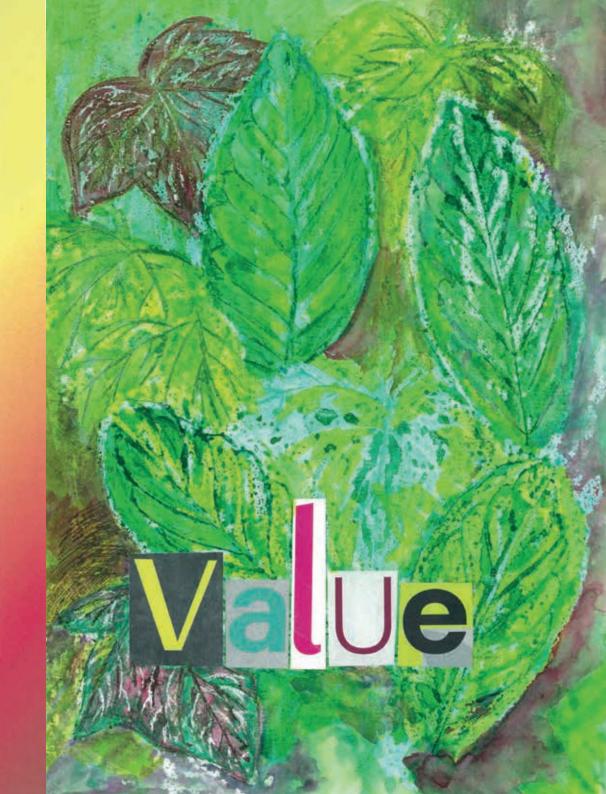
Value yourself

Verse - write little poems, stories, songs to and about your loved one, keep a diary, try scrapbooking

Vigour - be strong in mind and body

Vortex - of emotions you feel on a daily basis

Vocalise - your feelings, talk, sing, shout, yell!





Wait - until you are ready to move on

Walk - along your own path

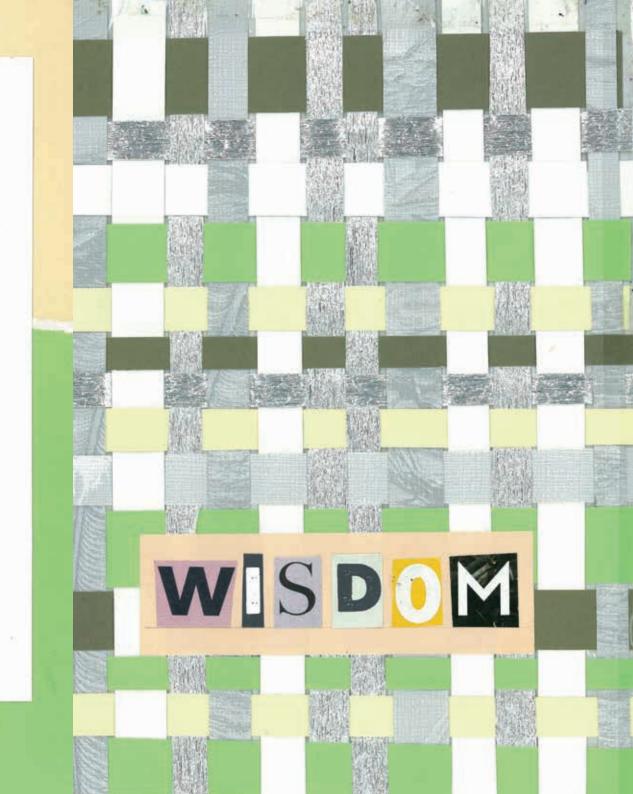
Waves - grief and recovery are stormy seas, get ready to ride the waves!

Weave - your memories together

Welcome - those who want to help you

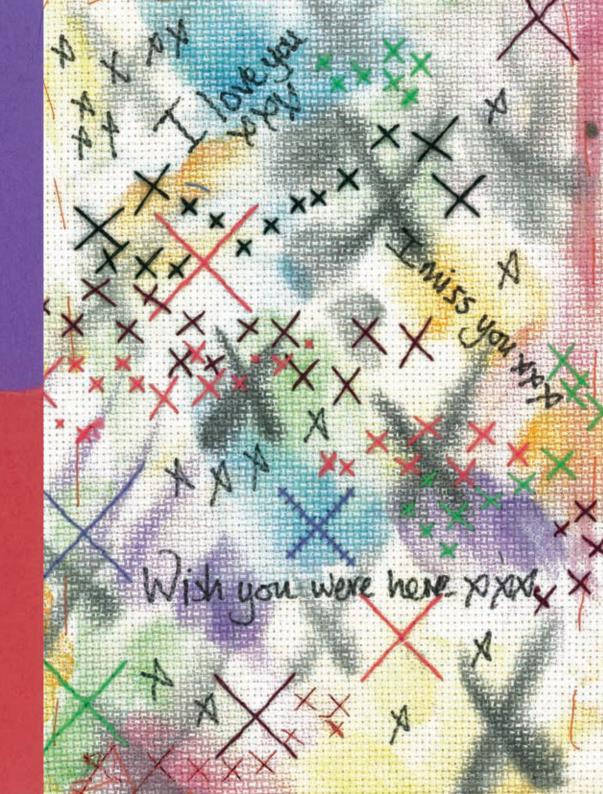
Wellbeing - look after yourself, spiritually, physically, mentally, socially, emotionally

Wisdom - listen to the wisdom of others, use your own wisdom to try and accept the massive changes in your life



X

X - is a symbol we use to express love and best wishes xxxxxxxxx



Y

Yearning

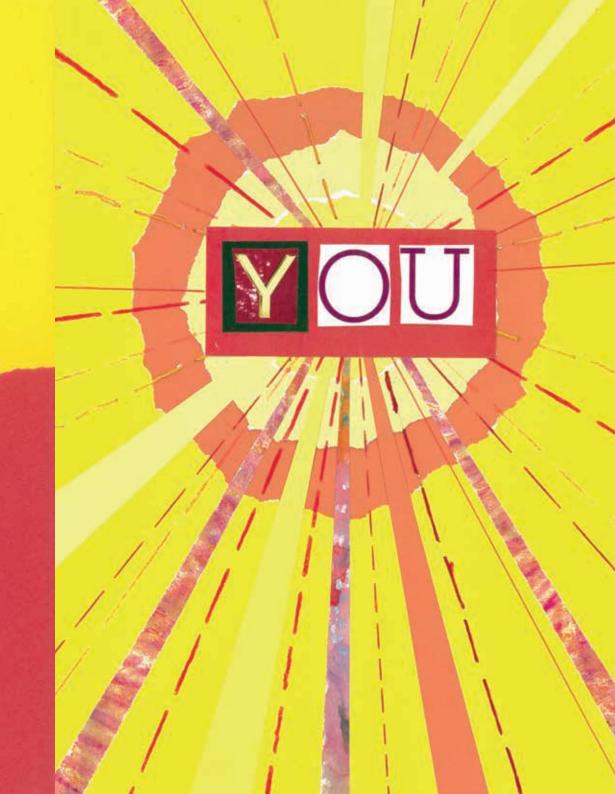
Yell!!

Yoga

You - look after you

You - I miss you

Yoyo - of emotions



Z

Zen

Zest for life

Zigzags - perhaps the directions your journey will take you on?

ZZZZZZZZZZZZZZZZ - sleep!



