

## **Mustering the Courage to Mourn**

**The pain of grief will keep trying to get your attention until you unleash your courage to gently, and in small doses, open to its presence**

**Courage is soft and quiet. Without the steady, quiet resolve and unfailing commitment of courage, bravery would never happen. Courage is what fuels bravery. It is the bridge between fear and action. It is a still, quiet voice encouraging you to go on.**

**Cultivate a relationship with courage every day. Each morning, welcome courage. Find ways to make friends with courage. To “befriend” literally means making an effort to “become friends.” Imagine what it would be like to have courage as a friend who walks beside you at all times; a friend who never nags, never pushes, but simply places a gentle hand on your back and whispers words of encouragement, helping you take the next step, and the next. With courage by your side, you are able to go on, to walk through your days and do the next right thing.**

**I encourage you to take grief’s hand and let it lead you through the darkness and toward the light. You may not see the light at first, but forge ahead with courage, and with the faith that the light of hope and happiness does exist. Feel your pain, sorrow, sadness, disbelief, agony, heartbreak, fear, anxiety, and loneliness as much as you can.**

**Look for simple ways to give voice to courage throughout the day.**

**Maybe it is simply having the gumption to get out of bed. But maybe it’s the courage to share how you feel about your loss with a coworker or friend, or to walk through the doors of a grief support group. It could simply be making a phone call you’ve been putting off, writing a thank you to someone who helped after the funeral, going to church alone, or finding the backbone to be honest with yourself about something you fear.**

**Healing after a death is hard. It takes courage in all shapes and sizes to mourn fully while living day to day. Congratulate yourself on welcoming courage, regardless of its size or reach.**

