

Battling Suicidal Thoughts: How To Cope After The Loss Of A Loved One



Photo via Pixabay by [NewPaddy](#)

Learning to cope with the loss of a loved one is a long process, and it is never an easy one. There are so many emotions tied to grief: anger, denial, sadness, and guilt are the most common. For many people, there's this idea that they must "get over" losing their loved one after a certain amount of time has passed; however, grief has no time limit. It's important to understand that you may struggle with those feelings for a long time, and even after it's not such a struggle, you may still feel sadness from time to time. There is [no right or wrong](#) way to feel after such a major life change.

Depression and suicidal thoughts can also come after a loved one passes away, and these are even harder to cope with. However, it's important to keep in mind that you *can* deal with those feelings when they come and even learn ways to prevent them. The key is to be prepared and to ask for help when you feel you need it.

Check your resources

Knowing where to find help when you need it is a big step in battling those thoughts of suicide. You are not alone; there is someone waiting to listen to you. Reach out.

[National Suicide Prevention Lifeline](#)--1-800-273-8255

Veterans Crisis Line--1-800-273-8255 and press one
or text a message to 838255

Crisis Call Center-- 1-(775) 784-8090

or text "ANSWER" to 839863

Take care of yourself

It's important to remember to take care of yourself during this time. That is sometimes easier said than done, as you may be consumed with helping your family or other loved ones, but grief takes a toll physically, mentally, and emotionally and can make you feel drained. Take a moment at the end of the day to do something relaxing, such as take a hot bath or shower, or light a lavender candle. Put away your computer, phone, and tablet at least an hour before bedtime, as those can affect your sleep cycle. Remember to eat well-balanced meals that include dark, leafy greens and protein so you can keep your energy up. Lastly, talk to someone when you need to, whether it's a close friend or a grief counselor. Losing a loved one is a major life change that can affect you in multiple ways, and it's important not to bottle up your feelings.

If you aren't comfortable talking to someone you know, consider finding an online bereavement program--such as this one from the [Neptune Society](#)--or support group, where you can feel free to talk about your feelings without fear of judgment.

Learn different coping methods

One of the most difficult things about grief is that it can be sneaky. Once you finally get to a good place, those feelings of sadness can return and throw you right back in. It's important, then, to find ways to cope with that grief when it pops up. Being prepared for any situation will help you learn to overcome those feelings in the moment.

There are several methods you can use, such as deep breathing exercises, meditation, and [mindful thinking](#), and all of these can be learned through [yoga](#) or separately. Deep breathing helps you focus your mind and slow down for a moment, which can help when you're feeling anxious. Meditation can be useful when you are feeling deep sadness and want to overcome it, while mindful thinking can help you focus on the moment rather than thinking about the past or worrying about the future. The great thing about these methods is that they can be done pretty much anywhere, so if you're away from home and find yourself struggling to cope with your feelings, you can get yourself to a good place within a few minutes.

Remember that you are not alone, even if it sometimes feels that way. Reach out when you start to feel overwhelmed and keep in mind that you are important.