



# RILEY'S RAINFOREST

"Send down... from the clouds of Thy mercy the rains of Thy healing..." –Bahá'u'lláh

## Living with Loss

If you've ever had a favorite friend move away or lost a family pet, you know how sad and empty you can feel. Those emotions are even stronger and deeper when a person close to you dies. You might feel sad, angry, scared, or worried. Or you might be numb, like you can't feel anything at all.

Though it is hard, grieving over a loss is a process that everyone goes through at some point. And everyone grieves differently. Some people can't eat or sleep, while some eat or sleep more than usual. Some people like to talk about their feelings, while others need time alone to think or pray. As long as you're not hurting yourself or others, there's no *wrong* way to grieve.

One thing that may help is to imagine your departed loved one in a beautiful, peaceful place. Many faiths teach that after the body's death, the soul can move on to a spiritual world to be closer to God.



Focusing on happy memories can help, too. Sharing funny stories with friends and family can lighten the mood and help ease some of the sadness. Try recording your memories in a journal or scrapbook. If a friend has moved, letters, e-mails, and photos can help keep your friendship strong.

Finally, praying—for yourself, your loved one, and others who are grieving—can bring you peace. It might be hard to believe, but in time, your heavy sadness will become lighter.

## Canopy of Questions

What do you want to know about staying healthy and happy? Health can involve your body, mind, emotions, and spirit. Send your questions to [brilliant@usbnc.org](mailto:brilliant@usbnc.org). Responses are given by a health professional.

“What do you do if your best friend moves away and you feel really sad about it?”

—Arden, age 13

Dear Arden,

It would be helpful to talk to your mom or dad or an understanding grown-up about how hard it is for you, now that your friend is gone. Whenever we are sad and talk about it with someone who is sympathetic, we feel better. That's one reason why we all need to learn to be good listeners when our friends are sad. That way, everyone helps everyone else, and we are all better for it.

Another thing that might help is to call or write your friend who moved away, or be a friend to someone new. That person might unexpectedly end up becoming a good friend, too.

*Wishing you health and happiness,*

*Mary K. Radpour  
Licensed Family Counselor*

## Explore and Soar: Honoring Loved Ones

When those we care about leave this world, it's natural to want to hold on to them somehow. You can honor them with tributes to their lives. Here are some ideas to celebrate your loved ones:

- ☐ Create special frames for your favorite photos of them.
- ☐ Participate in charities or service projects in their names.

- ☐ Hold a prayer gathering to remember and pray for them.
- ☐ Plant a tree or garden in their memory.
- ☐ Create a scrapbook of favorite times.
- ☐ Before you fall asleep at night, think about them and silently tell them about your day.

