

FOR IMMEDIATE RELEASE

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Has tips for coping with the anticipatory grief of terrorism

Is Early Grief Your Unrecognized (and Constant) Companion? Two Experts Explain How to Cope



(Rochester, MN) Has some dire personal event pushed you closer and closer to emotional breakdown? The upsets of our lives are for many of us a continuing mystery. We somehow live through them, but mostly fail to understand them. We needn't continue to be victims of our emotions. You can learn to understand the probable source of your upset as well as what steps will help you work through it.

"Grief is a slippery beast," says Harriet Hodgson, author of *Smiling Through your Tears: Anticipating Grief*. "It can have us in its grip without our recognizing it." Hodgson and co-author Lois Krahn wrote this book

out of their personal experience with those anticipating a death or dire event.

To help you understand and better manage your own sadness and grief, Hodgson offers five ways to cope with early grief."

1. **Let Yourself Cry.** Crying releases pent-up sorrow, and it communicates your upset to others and yourself.
2. **Discover your Approach to Coping.** Are you problem-focused or emotion-focused? Discover your style and use this knowledge to help you cope.
3. **Stick to a Routine.** A routine gives structure to your life when your emotions may appear to be out of control.
4. **Keep a Journal.** Journaling is introspective. It allows you to explore your thoughts and upsets, sort out your longings and fears. Making daily entries in your journal is a discipline as refreshing as a long walk on a summer morning.
5. **Identify your needs.** During a time of stress, it is important to focus on what's most important: caring for your loved one(s), maintaining your strength and well being, and handling necessary logistics.

Are you the master of your emotions? Or the peripatetic pawn lurching out of control? Have you been wondering what is this sadness in your life? Have you found yourself in despair over the most unusual things? Are You Grieving and Don't Know it? 13 Ways to Find Out at www.HarrietHodgson.com.

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BIO: Harriet Hodgson, *Health Writer*



Harriet Hodgson is no stranger to grief. She grieved when her husband was in Vietnam, when her daughter was almost killed in a car wreck, and when her husband's aorta split. She is the author of 24 books and numerous articles, has been active with AMA Alliance, and authored *Alzheimer's: Finding the Words*, a chronology of her 9 years spent caring for her disabled mother.

Co-Author Lois Krahn is an Associate Professor of Psychiatry and Department Chair with the Mayo Clinic in Scottsdale, Arizona. Mrs. Krahn teaches medical students and provides continuing education for physicians. She is the author of 42 scholarly articles on psychiatric and sleep topics.

Smiling Through Your Tears: Anticipating Grief

BookSurge ♦ 2005 ♦ ISBN:1-59457-932-6 ♦ \$13.99 ♦ www.harriethodgson.com

HOT TOPICS

- **How do I know if I'm grieving?** Learn how to identify all symptoms and how you may discover them
- Understanding the STAGES OF GRIEF while learning to cope.
- **Early grief.** Different from grief after the death of a loved one?
- How grief is complicated by OTHER LIFE EVENTS
- **Is fear often related to grief?** Yes, and understanding the connection can help you manage both.

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