

## THINGS MEN SHOULD KEEP IN MIND WHEN GRIEVING

Because many of society's stereotypes of how a grieving person should behave are based on the way women grieve, there are some things that men should keep in mind.

You will grieve in your own way

- Your grief process will be influenced by who you are, how you were raised, and your life experiences
- You may not want to talk about it as often as those around you. You may use action instead of talking to work through your feelings
- Working side by side may be an easier way to process grief than to communicate face to face. You may prefer to do your healing on your own and through your own inner strength
- You may prefer to take on the role of caretaker of those around you in order to help you process your own grief. It takes strength and courage to experience and express grief
- Grief is a process that will make you stronger. All people have a combination of both 'masculine' and 'feminine' characteristics that will influence their style of mourning.

### ATTEMPTS TO AVOID GRIEF

While society may be changing, the lingering mentality that 'big boys don't cry' leads many men to try to avoid the grief process all together. They may fear that showing their grief will make them look weak. There are some common ways that men attempt to cover up their feelings of grief.

- Silence
- Secrecy
- Anger
- Action
- Addiction

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