

“The Great Depression” has been in the news a lot lately. I once heard it described as “12 years of February”. My mom grew up during that time, so I asked her how accurate that description was. She replied, “ That’s exactly what it was like. Nobody could go anywhere or do anything—not because of the weather, but there wasn’t any money—just like February!”

Grieving is very tiring, and has its own piece of depression. And, now, here comes February, piling on top of everything else. But here are some simple things that can help ease these feelings.

Turn on the lights. Gloom begets gloom. Light shines through the darkness. And the darkness cannot overcome it.

Take a shower (or a bath if you prefer). It’ll clean off some of the poisons in your system. It may also refresh you. And you will have accomplished something for that day.

Wash the dishes. It probably needs to be done. Drying is optional—you can let them air-dry in the dish strainer. Or if you’re feeling energetic, grab a dish towel, dry them and put them away. Either way, they’ll be done, and you’ll have done it.

Above all, **be gentle to your-self!** There is only so much energy for any given day. Grieving is hard work and uses up a lot of that energy. Spend some of that energy on you.

Sincerely,

Dave Heidecker  
Bereavement/Pastoral Support

