

How to heal from a loss

Original Script:

When you hear someone is trying to “heal from a loss”, we think right away that a beloved person has passed away! However, it could also mean someone that is still alive but decided to walk away. It could be a partner, a friend, or even a family member.

Hayde el-seneh kenit ktir seneh gharibeh! Fi ashya ktir tghayaret b 7ayetna! Fi nes khesret shoghol, fi nes sefaret, w fi nes tghayaret. Yale t3alamto b hayde el-fatrah inu ma fi shi bidal 3ala 7alo. Kina 3ayshin b routine w faj2ah eja marad ghay-yar kil shi. W jabarna n3ish b routine jdid.

We woke up Monday to Friday, dressed up, and went to work. Sometimes after work we grabbed dinner and met with friends. Until, an infectious disease broke out.

Elna ta2riban aktar min tlat-toshor e3din b el-beit; 7ajor so7i- quarantine. Ma shefna as7abna aw 3ayletna. 7aset kamen inu khseret ktir 3alam. Yimkin la2inu ma shefton? Yimkin la2inu 3refton 3ala 7a2i2iton? Ma ba3ref bus b hayde el-episode ra7 e7ki 3an arba3 ashya fikon ta3emloha lama tekhsaro shaghes b 7aytkon.

1. Give yourself time, space, and permission to grieve; khod wa2tak!

Mish darore el-shakhes ymot la niz3al 3ale, el-shakhes fih ykon dahar min hayetna. Lama araret enhe 3ale2te ma3 sadiqte el-moqarebeh khabarta b email; lesh w shu el-asbeb. Bus abel ma ektob el-email, I made sure I grieved and cried and was ready to send the email. 3ashen lama tkon za3len, w 7azin, w m3aseb bit2ol ashya asyeh. W ma ken bade ektob shi w endam 3ale ba3den. Nataret shahrien! Yes 2 months, it took me two months to be ready. Bus lama katabet el-email 7aset sho3or ktir 7ilo, rta7et and putting closures to things is the best thing that you owe yourself.

Kil wa7ad byiz3al b tari2ah m3ayeneh. Momkin dalak za3len snin, ma3le. Khod wa2tak- Take your time!

2. Take care of yourself; htam bi7alak!

Za3al ktir bita3eb w mish sahel, 3ashen hek lezim tfaker b 7alak w bus! Kol mni7, nem mni7, 3mal ryadath aw yoga. 3mal el-shi yale bit7iba. Ana masalan ma b7ib el-riyadah, bus ktashafet b hayde el-fatrah inu ana ktir b7ib el-yoga w el-biseklet. Serit a3mul yoga kil yom 3ala Zoom ma3 7ada min as7abe aw 3aylte. W marat erkab el-biseklet b el-madineh w esma3 mosi2ah. This is an important time to put yourself and needs first, healing from a loss requires a lot of emotional and physical energy, you must be prepared.

3. Surround yourself with family or friend

Mitel ma elit Abel inu serit a3mul yoga kil yom ma3 7adan min as7abe aw 3aylti. Staghlet hal forsah la e7ki ma3 as7ab b7ibon ktir ma kenit e7kihon ktir min Abel. When reaching out to friends that I haven't spoken to for a while made me feel so good and reminded me that I was a loved person. Kil mara lama kenit e7ki ma3 rfe2ah, hayde rfe2ah kenit tifta7le alba w t2ele shi mza3ela aw shi 7ilo jdid b hayeta. 7aset sho3or 7ilo le2an we are connecting and sharing, and it reminded me that everyone can also be going through hardship and not you alone. Social media bikhalik t7es inu kil el-nes mabsota, sowar akel, sowar as7ab, kila-kila sowar 7ilweh. Bus lama tkon za3len bitfaker bus enta l wa7id yale za3len! You forget that of course no one is going to share their sadness on social media, that's part of the game!

4. Don't blame yourself- Ma tlom 7alak

Tzakar lama shaghes ya3mul shi mish mni7 ma3ak, hayda mish zanbak. Mish zanbak iza inte shaghes mni7 w sede2, mish zanbak iza inta shaghes wafe w tayeb. Bil 3akes inta lezim tkon hek! Yale fik ta3melo inu tis2al 7alak; "kif sar hek?" El-jaweb inu yimkin wse2na b el-ashghas el-ghalat? Aw yimkin 3ataynehon aktar ma byestehalo? Aw yimkin ken fi ktir "red flags" but we ignored? Mish mohem, el-mohem inu tene mara tkon azka w aw3a- Smarter and more conscious. Ana shefit ktir red flags min hal benit bus tanashet w tanashet- ignored and ignored. Yale t3alamto inu ma tanesh red flags. Red flags bi3arfok 3ala 7a2i2et hayde el-shaghes. Kif shakhsito? Kif bifaker? Kil haydol mhemin!

Lesh lama minshuf esharet el-ser 7amra min wa2ef? 3ashen hayde warning sign. Try to adopt the same concept into your life just like how you stop on red lights! You don't want to risk it and you don't want to get hurt!

Translation:

When you hear someone is trying to “heal from a loss”, we think right away that a beloved person has passed away! However, it could also mean someone that is still alive but decided to walk away. It could be a partner, a friend, or even a family member.

This was a very weird year! Many things changed in our lives! There are a lot of people that lost their job, a lot of people that traveled, and a lot of people that changed. What I’ve learnt in this period was nothing stays the same. We were living in a routine and suddenly a disease broke out and changed everything. And forced us to live in a new routine.

We woke up Monday to Friday, dressed up, and went to work. Sometimes after work we grabbed dinner and met with friends. Until, an infectious disease broke out.

We’ve been staying at home for approximately 3 months; Quarantine. We didn’t see our friends or family. I felt that I lost a lot of people. Maybe because I didn’t see them? Maybe because I knew their true colors? I don’t know but, in this episode, I will speak about 4 things you could do when you lose someone in your life.

1. Give yourself time, space, and permission to grieve!

You don’t have to grieve only when a person dies, the person could have walked away from our lives. When I decided to end my relationship with my best friend, I told her in an email; why and what are the reasons. But before I wrote the email, I made sure I grieved and cried and was ready to send the email. Because when you are upset, sad, and angry you can say mean things. And I didn’t want to write something and regret it later. I waited 2 months! Yes 2 months, it took me two months to be ready. But when I wrote the email, I felt great, I was relieved, and putting closures to things is the best thing that you owe yourself.

Everyone grieves in a certain way. It might take you years. Take your time!

2. Take care of yourself!

Sadness can exhaust you and it’s not easy, that’s why you must think of yourself only! Eat well, sleep well, exercise or do yoga. Do something that you like. I for example, I don’t like to work out but during this time I found out that I love yoga and biking. I started doing yoga every day on Zoom with a friend or my family member. And sometimes I ride the bicycle in the city and listen to music.

This is an important time to put yourself and needs first, healing from a loss requires a lot of emotional and physical energy, you must be prepared.

3. Surround yourself with family or friend

As I mentioned earlier, I started doing yoga everyday with my friends or my family member. I also used this time to speak with my friends that I haven't spoken to for a while. When reaching out to friends that I haven't spoken to for a while made me feel so good and reminded me that I was a loved person. Each time when I spoke to a friend, this friend would open her heart to me and tell me something that is upsetting her or something new in her life. I felt great because we are connecting and sharing, and it reminded me that everyone can also be going through hardship and not you alone. Social media makes you feel that everyone is happy, pictures of food, pictures of friends, just beautiful pictures. When you are sad you think that you are the only one that is upset! You forget that of course no one is going to share their sadness on social media, that's part of the game!

4. Don't blame yourself!

Remember when people do something bad to you, this is not your fault. It's not your fault if you are a good and honest person, it's not your fault that you are a loyal and good-hearted person. In fact, you must be like that! What you could do is ask yourself; "how did this happen?" The answer maybe we trusted the wrong person. Or maybe we gave them more than they deserve? Or maybe there were a lot of "red flags" but we ignored? Not important, what's important is that next time we should be smarter and more conscious. I saw a lot of red flags from this girl, but I ignored and ignored. What I have learnt is not to ignore red flags. Red flags introduce you to the truth of the person. How is hi personality? How he thinks? All of these are important!

Why do we stop on red lights? Because this a warning sign. Try to adopt the same concept into your life just like how you stop on red lights! You don't want to risk it and you don't want to get hurt!