



MARCH 7

Time

There's never enough. There's too much. It passes in a flash. It moves at a snail's pace.

We have an intriguing connection to time. When we are engaged in something enjoyable, it flies by. "Where did the time go?" we ask ourselves. But if we're waiting in line to do something we'd rather avoid, such as paying a parking ticket, time crawls. "That took forever," we recount. Yet the actual time doing both the fun task and the unpleasant one may be the same.

As we feel the pain from our loss, time may seem to be passing at a geologic pace. This perception may not intensify our pain, but it can make the duration of our suffering feel endless.

But we are not prisoners to how we perceive time. We can affect our perceptions of it. If we focus on our grief work, we often discover that our pain lessens, as does our time engulfed by it. This may be because we have shifted the perspective on our pain – from feeling to healing. Self-care can also help the length of time we feel our pain lessen, as does helping someone on their healing journey.

Our healing work helps us place our grief in the proper perspective and provides us opportunities to both feel it and heal from it.

**Time is an arbitrary concept that I can influence
through my thoughts, actions, and feelings.**

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