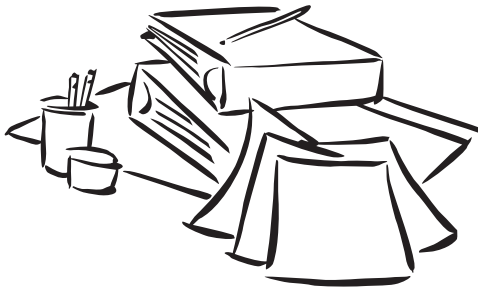


*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## Journaling Through Grief

Within six months, Eileen Kozo lost her father, aunt and uncle. So many losses in a short time were hard to bear, but when her brother died suddenly shortly thereafter, the 63-year-old Whitehall woman decided she needed grief counseling. Her counselor, Lorraine Gyauch, R.N., of Lehigh Valley Hospital and Health Network, suggested journaling three times a week.

“I had kept a journal on and off for several years,” Kozo says. “I knew that journaling was beneficial, but I didn’t realize what a powerful tool it was for getting through a crisis.”

Gyauch suggested Kozo make a list of all the losses in her life and write down her feelings about each one. “I learned that all my previous losses influenced how I felt about the most recent ones,” she says. “By looking back, I was able to understand why I was so devastated by my brother’s passing.” She also realized that having lived through other losses, she was strong enough to live through this one, too.

Kozo journals every day now. She feels it helps to get her emotions down on paper where she can look at them objectively. “Sometimes I find that the worry running around in my head only served as a distraction from the real issue I had to deal with,” she says.

From time to time, she reads her past entries as a way to mark her progress. “Often, I just have to laugh at some of the things I worried about months ago,” she says.



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