

Travel and change of place impart new vigor to the mind.
- Seneca

This past month I have been away quite a lot. I started thinking how much I like traveling. This wasn't always the case. I tend to be a homebody.

When Adam left us, I wanted to do nothing but stay home. I couldn't imagine being away from home and all his stuff. I wanted him around me all the time. Friends of ours invited us to spend a weekend at their cottage only 3 weeks after Adam's death. I was not looking forward to being away but my husband convinced me it would be good for us. I have to say that it was a great idea. I slept the best I had slept in 3 weeks. There was no phone ringing, no stares or looks, and no reminders. I did not have to wear a mask or act like things were okay. I spent time reflecting on the events of the past 3 weeks. I still couldn't comprehend what had happened to our family but it was a start. I returned home with a fresh perspective and a few less cobwebs in my mind. Here we are 6 years later and I still recall that invitation as one of the better things our friends did for us.

Every time I go away, I appreciate where I am and what I am doing or seeing. A lot of the time we mention how Adam would have loved the event or scenery. He is always with us. We are not leaving him behind.

He was with us in the Shooting Star we saw in the Adirondacks. He was with us when a white t-top Camaro pulled in front of us on the highway in Montana. He was with us playing a game in Yosemite.

Sometimes when we are in crisis we cannot see what might be good for us. Sometimes we put up a fuss and will not bend. I have learned that when I did things I might not like, I actually liked it. Grief is a funny roller coaster ride and very unpredictable. What seems uncomfortable turns out okay and what seems okay can turn out uncomfortable.

To move ourselves forward in our journey we need to come out of our comfort zone. It may mean doing the same thing in a different way or it may mean trying something new. If family or friends propose an idea new to you, especially getting away, give it full consideration before rejecting it. You just might find travel and a new place do give new vigor to your mind!

Barb