



How do I stop crying?

Crying is normal. It's the human reaction that helps us cope with extreme stress and emotion. But if you do start to well up,

well, there are four things that may help you to regain your composure, if you want to, and to carry on talking:

Just by volunteering to give a eulogy, you're giving comfort and strength to everyone there. **It is okay to cry.** It does help if you can regain your composure though, and it's important to remember that (even though time is something you don't want to think about), there's a professional team on hand that's trying to help things go smoothly, and they do need to help you stay within a reasonable timeframe.

But if you can't carry on, don't worry. Do what feels right. And if that means stopping, stepping down or passing your speech to someone else, well, you know what? That's okay too. First though, try this:

1 Stop. Take a deep breath and, slowly, let it out.

When your body senses extreme emotion, your breathing goes haywire. Your body is preparing itself for ... well, it doesn't know what. But if you can focus on breathing normally for a moment, the tears may stop naturally.

2 Pinch your nose. Pinch yourself.

Your tear ducts are in the corners of your eyes. Pinching the bridge of your nose may stop your tears – but if you're a little self-conscious about this, you may pinch your hand quite hard instead. Distraction helps.

3 Now, here's the real trick:

You need to blink, and look up at the ceiling. Blinking rapidly moves tears away from your eyes. Looking up, lets escaping tears settle so that you can move them away with your hand.

This controlled movement of your eyes and hand helps to put you back in control.

4 Then pause – and speak to one person for a moment.

Look at one person, standing or sitting quite close to you. Confide with them: "I knew that was going to happen. And that's okay." Again, it's about telling yourself that you're in control.

And if it all gets too much for you?

It's okay. Nobody will think any less of you for showing your grief. It is sensible to keep a couple of tissues or a handkerchief handy, and to give copy of your speech to the celebrant or the person organising the service: they'll always be ready to step in and lend a hand.

UNIQUEEULOGY

 @uniqueelogy
uniqueelogy.com