

ISSUE 7
PERSPECTIVES ON
LOSS & GRIEF

› **Communication**

› **Take Time for Self**
Nurturing

› **Other Resources**

TRANSITIONS

A HOSPICE BEREAVEMENT NEWSLETTER

Dear Friends of Hospice:

Putting your feelings into words—communication—is a key to coping and growing through grief. Research has shown that having at least one other person to talk with is one of the healthiest things you can do for yourself. Think about a family member, a friend or a co-worker with whom you can share your thoughts and feelings. This could also be a professional person, such as a counselor, a minister, or a physician. Grief support groups are also helpful for many people. For an up-to-date list of bereavement support groups in the Omaha area, you can call our office at 402.819.4949.

If you need a listener when you feel like getting things off your chest, you may have to search for someone. If you wait for friends to volunteer to listen, you may be waiting a long time. Some people find it is easy to talk to someone they know well. Others find it easier to talk with someone they have just met. Remember—the more you talk about a painful subject, the less power it has over you.

Sincerely,

The Bereavement Team

Tabitha Hospice, A Collaboration with Immanuel

COMMUNICATION

Communicating Your Needs

People who care about you truly want to help you through your grief. They cannot take away your pain, but they can help in many ways. However, they do not instinctively know your needs and may feel awkward stepping forward with suggestions. Don't be afraid to make your needs known. If going to worship services alone is difficult, ask someone to attend with you. If Saturday nights are especially hard for eating alone, invite someone to go out for dinner or to come to your house. Decide what would be helpful for you, and then act to make it happen.

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Words of *Wisdom*

“There are three needs of the griever: To find the words for the loss; to say the words aloud; and to know that the words have been heard.”

Victoria Alexander

“There is no grief like the grief that does not speak.”

Henry Wadsworth Longfellow

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- › Enjoy a relaxing nap
- › Relax in a whirlpool/sauna
- › Count your blessings: “I am thankful for...”
- › Tell yourself the kind words you want to hear from others
- › Reward yourself with a special gift you can afford
- › Enjoy a gourmet cup of herbal tea or coffee
- › Smile and say, “I love myself”

OTHER RESOURCES

For additional support, please contact our Hospice Bereavement Team at 402.819.4949.

For additional reading materials, please contact The Centering Corporation at 866.218.0101 or www.centering.org



TABITHA
Hospice

A COLLABORATION
WITH
 Immanuel

Allowing others to do things for you and with you is not a sign of weakness, but of strength. So give people an opportunity to show that they care. Make time for people you enjoy and spend time with them.

Those Who Fall Away

What happens when people on whom you are depending won't allow you to talk about what's on your mind or in your heart? Some friends may avoid you altogether. Some people are so uncomfortable with grief that they neglect those who need them most. On the other hand, many bereaved experience love and support from sources where they least expect it. Cherish those who are there for you, and try to forgive the others.

The Crazyies

Many grieverers say, "I think I'm going crazy!" or "I must be losing my mind!"

Can you identify with any of the following problems?

- › You forget things.
- › You can't concentrate.
- › You drive through a red light or stop sign.
- › You lose things.
- › You're overwhelmed by simple chores.
- › You act in unusual ways or think unusual thoughts.

Don't be alarmed by these behaviors. Grief temporarily robs your brain of the ability to think clearly or to concentrate. This is a crazy time in your life, a time that doesn't make sense. You can expect to do and think some unusual things as you move through the chaos of your grief. This happens to most grieverers and you really aren't crazy.

Unwanted Advice

You may find as you communicate your grief to another person, you will receive tidbits of advice.

Well-meaning friends or family members often try to help with statements such as "You need to be strong!" "Just keep busy!" "Cheer up. It could be worse!" "Your loved one is at peace, so be thankful for that!" or "It's time to get on with your life!"

If you hear these or similar messages, you will do yourself a favor to ignore them.



Grief is a most peculiar thing; we're so helpless in the face of it. It's like a window that will simply open of its own accord. The room grows cold, and we can do nothing but shiver. But it opens a little less each time, and a little less; and one day we wonder what has become of it."

Arthur Golden

TAKE TIME FOR SELF-NURTURING

In the midst of our grief, we often forget about taking care of ourselves or doing something special for ourselves. Grieving is hard work, and it can deplete our energy and self-esteem. We cannot expect that other people will always provide respite from our grief. We need to take charge and do some self-nurturing. Do some activities that bring you pleasure, and make time for people you enjoy.

The following is a list of self-nurturing activities you might try. Select a few that sound most enjoyable to you. Notice that many of them are even free.

- › Listen to your favorite music
- › Enjoy a long, warm bubble bath
- › Go for a walk
- › Share a hug with a loved one
- › Watch the sunrise/sunset
- › Laugh
- › Exercise (of your choice)
- › Reflect on, "I appreciate..."
- › Play as you did as a child
- › Practice positive affirmations
- › Concentrate on a relaxing scene
- › Attend a favorite athletic event
- › Read a special book or magazine
- › Sing/hum/whistle a happy tune
- › Play a musical instrument
- › Work with plants (gardening)
- › Learn a new skill
- › See a special play/movie/concert
- › Work out with weights/equipment
- › Ride a bike or motorcycle
- › Make yourself a nutritious meal
- › Draw/paint a picture
- › Do aerobics/dance
- › Visit a special place you enjoy
- › Reflect on your positive qualities: "I am..."
- › Write your thoughts and feelings in a personal journal
- › Take time to smell the roses (and other flowers you enjoy)
- › Treat yourself to a meal at a favorite restaurant
- › Read positive motivational literature
- › Visit a museum or art gallery
- › Enjoy the beauty of nature
- › Window shop
- › Daydream
- › Attend a special workshop
- › Take yourself on a vacation
- › Attending a caring support group
- › Practice spiritual meditation
- › Create with clay/pottery
- › Write a poem expressing your feelings
- › Go sailing/paddleboating
- › Pet an animal
- › Watch your favorite TV show
- › Buy yourself a bouquet of flowers
- › Relax and watch the clouds
- › Make yourself something nice
- › Visit a park/woods/forest
- › Phone a special friend
- › Go on a picnic in a beautiful setting
- › Practice a relaxation exercise
- › Practice the art of forgiveness
- › Participate in a hobby