

LIFT

Grief is a process, not a state. –Anne Grant

February 2023

Bereavement Newsletter

Living Is For Today

West Texas Rehab's Hospice of San Angelo

IMPORTANT DATES TO REMEMBER

Grief Education Support Group

Tuesday, February 7, 5:30 pm

WTRC/HOSA Bates Bereavement Center

1933 University Avenue

Monthly Luncheon

Tuesday, February 21, 11:00 am

WTRC/HOSA IDT Room

1933 University Avenue

Building Bridges:

A Support Group for Grieving Children and Their Families

Tuesdays, March 21 – April 25, 7-8:00 pm

WTRC/HOSA Bates Bereavement Center

For more information about any of HOSA's bereavement offerings, including individual counseling, support groups, and/or memorial services, please call the Bereavement Department at 325-658-6524 or email Karen at kschmeltekopf@wtrc.com. For information about Building Bridges, please contact Libby at lprobandt@wtrc.com.

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THE IMPORTANCE OF TAKING CARE OF YOURSELF

Accessed at helpguide.org

When you're grieving, it is more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

Face your feelings. You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.

Express your feelings in a tangible or creative way. Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to him or her.

Look after your physical health. The mind and body are connected. When you feel good physically, you'll also feel better emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use drugs or alcohol to numb the pain of grief or lift your mood artificially.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel what you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

Plan ahead for grief triggers. Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it’s completely normal. If you’re sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.

LISTEN FOR THE CALL OF LIFE

By Kathleen Fischer, “When Grief Won’t Go Away” (Care Notes)

In his handbook on grief, *Grief Counseling and Grief Therapy*, J. William Worden describes four tasks of mourning: to accept the reality of the loss, to process the pain of grief, to adjust to a world without the deceased, and to find an enduring connection with the deceased in the midst of embarking on a new life.

One sign of healing is glimpsing the possibilities of gift and growth in your experience of loss. Another is feeling a call to forgive or let go. Or you may feel sparks of enthusiasm or interest in others.

Heed these calls to life and recognize that it may be time to put the pain behind - if it’s all right to feel better. Although life will never be fully the same, you can move forward. Recovering from grief means taking time to do things that will give renewed meaning to your life. In the end, the purpose of grief work is to enable you to love and live again.

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Thank you to all WTRC HOSA volunteers! Whether it’s caring for patients, delivering flowers, helping with the monthly lunches, printing and folding the LIFT newsletter, or working in the Building Bridges program, to name just a few, we couldn’t do the work of HOSA without you! If you are interested in knowing more about HOSA volunteer opportunities, please contact Shronda Shannon at 325-658-6524 or email her at sshannon@wtrc.com.

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