

LIFT

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

January 2023

Bereavement Newsletter

Living Is For Today

West Texas Rehab's Hospice of San Angelo

Grief Education Support Group

Tuesday, January 3, 5:30 pm

WTRC/HOSA Bates Bereavement Center

1933 University Avenue

Monthly Luncheon

Tuesday, January 17, 11 am

WTRC/HOSA IDT Room

1933 University Avenue

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.

~ ~ ~ ~ ~

YOU KNOW YOU ARE GETING BETTER WHEN...

By Helen Fitzgerald, CT

Hospice Foundation of America

The progress through grief is so slow, and so often a "one step forward and two steps back" motion, that it is difficult to see signs of improvement. The following are ideas that will help you to see that you are beginning to work through your grief.

- You are in touch with the finality of the death. You now know in your heart that your loved one is truly gone and will never return to this earth.
- You can review both pleasant and unpleasant memories. In early grief, memories are painful because they remind you of how much you have lost. Now it feels good to remember, and you look for people to share memories with.
- You can enjoy time alone and feel comfortable. You no longer need to have someone with you all the time or look for activities to keep you distracted.
- You can drive somewhere by yourself without crying the whole time. Driving seems to be a place where many people cry, which can be dangerous for you and other drivers.
- You are less sensitive to some of the comments people make. You realize that comments made by family or friends are made in ignorance.
- You look forward to holidays. Once dreaded occasions can now be anticipated with excitement, perhaps returning to old traditions or creating new ones.
- You can reach out to help someone in a similar situation. It is healing to be able to use your experience to help others.
- The music you shared with the one you lost is no longer painful to hear. Now you may even find it comforting.
- You can sit through a church service without crying.
- Some time passes when you have not thought of your loved one. When this first happens, you may panic, thinking "I am forgetting." This is not true. You will never forget. You are giving yourself permission to go on with your life and your loved one would want you to do this.
- You can enjoy a good joke and have a good laugh without feeling guilty.
- Your eating, sleeping, and exercise patterns return to what they were beforehand.
- You no longer feel tired all the time.
- You have developed a routine or a new schedule in your daily life that does not include your loved one.

- You can concentrate on a book or favorite television program. You can even retain information you have just read or reviewed.
- You no longer have to make daily or weekly trips to the cemetery. You now feel comfortable going once a month or only on holidays or other special occasions.
- You can find something to be thankful for. You always knew there were good things going on in your life, but they didn't matter much before.
- You can establish new and healthy relationships. New friends are now part of your life and you enjoy participating in activities with them.
- You feel confident again. You are in touch with your new identity and have a stronger sense of what you are going to do with the rest of your life.
- You can organize and plan your future.
- You can accept things as they are and not keep trying to return things to what they were.
- You have patience with yourself through "grief attacks." You know they are coming farther apart and are less frightening and painful.
- You look forward to getting up in the morning.
- You stop to smell the flowers along the way and enjoy experiences in life that are meant to be enjoyed.
- The vacated roles that your loved one filled in your life are now being filled by yourself or others. When a loved one dies, he or she leaves many "holes" in your life. Now those holes are being filled with other people and activities, although some will remain empty. You are more at ease with these changes.
- You can take the energy and time spent thinking about your loss and put those energies elsewhere, perhaps by helping others in similar situations or making concrete plans with your own life.

You acknowledge your new life and even discover personal growth from experiencing grief.

Thank you to all the volunteers who make the monthly LIFT mailing possible. If you are interested in HOSA volunteer opportunities, please contact Brilyn Daniels at bdaniels@wtrc.com, 325-658-6524, or Karen Schmeltekopf, kschmeltekopf@wtrc.com.

January 2023



Nonprofit Organization
US Postage
PAID

Hospice of San Angelo, Inc.
3001 S. Jackson Street
San Angelo, Texas 76904