

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

April 2021 Bereavement Newsletter Living Is For Today West Texas Rehab's Hospice of San Angelo

### A Note from Karen

It's been a long year, but Spring and hope are in the air; hopefully, Spring 2021 will bring fresh starts, opportunities to be together, and a renewed sense of health and wholeness. One thing we look forward to this spring is the completion of the new WTRC Hospice of San Angelo building on the WTRC campus! And as the number of coronavirus cases decrease and the number of vaccinated people increase, we also look forward to holding the support group and monthly luncheons in person! Stay tuned for more information. In the meantime, please know the HOSA Bereavement Department staff continue to be available via phone and computer. Contact (325) 658-6524 or <a href="mailto:kschmeltekopf@wtrc.com">kschmeltekopf@wtrc.com</a> for more information.

#### VIRTUAL GRIEF SUPPORT GROUP

Thursday, April 22, 2021, 1:00 pm, via Google Meets Contact Karen at (325) 658-6524 or kschmeltekopf@wtrc.com for more information.

### WHAT IS GRIEF?

By Clinical Psychologists Dr. Matthew Whalley and Dr. Hardeep Kaur Excerpt from longer article accessed at <u>psychologytools.com</u>

Grief is more than just sadness. You might be overwhelmed by a variety of different emotions and feelings in your body as your grief changes over time. Grief is different for everyone: everyone deals with it in their own unique way.

We can separate the effects of grief into <u>thoughts</u>, <u>feelings</u>, and <u>behaviors</u>. You might experience some, all, or none of these.

### **How You Might Think and Remember**

Thoughts about unfairness
Worries about how you will cope
Anger at the person for leaving you
Thoughts that you can't go on
Thoughts about what you should have
done or said
Thoughts about how things are going to

Thoughts about how things are going to be different

Thoughts about what you are going to miss Remembering conversations (or arguments) Wishing you had done things differently Unwanted memories

Happy memories Thoughts that they are at peace Thoughts that they are not suffering Seeing or hearing your loved one

**Dreams or nightmares** 

## How You Might Feel Emotionally And Physically

### **Strong emotions**

Fear Heartache
Anxiety Emptiness
Guilt No feelings at all

Regret Shock
Numb Disbelief
Hopeless Feeling sick
Anger Unable to eat
Sadness Unable to sleep

Yearning Tired
Longing Relief
Frustration Peace
Forgetfulness Content

Irritable Tired Fatigued Pain

### **How You Might Act**

Dwell, ruminate, ponder Avoid reminders Avoid being alone Avoid being with people Carry on as normal Keep busy

Remember them Stay in bed

Distract yourself

Drink alcohol

Stop doing things you used to do Tell other people you feel okay Behave recklessly, take risks Visit their resting place Want to be near them

Talk to them Look at photos

Speak to people who were close to them

Look through their belongings

Grief often feels like it comes in waves that can initially feel intense and overwhelming. These waves of grief can feel like they come out of nowhere or can be triggered when you are reminded of the person you lost. When you lose someone, it can feel as though you are constantly being hit by enormous waves of grief – sometimes so close together that it feels as though you hardly come up for air between them. With time, the size of the waves tends to lessen, with larger gaps in between waves. As the weeks, months, and years pass by, you will experience many *firsts* as you navigate life without your loved one – your first dinner out, your first supermarket trip, your first birthday without them. In each of these moments it will be natural to feel their absence, and for waves of grief to be triggered again.

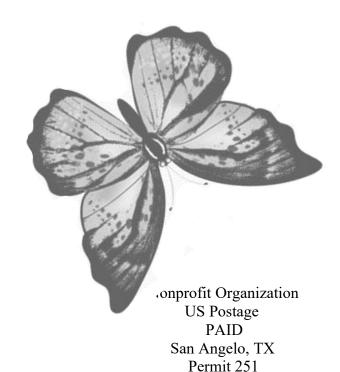
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### The Parable of the Waterbug Author Unknown

In the bottom of an old pond lived some grubs who could not understand why none of their group ever came back after crawling up the stems of the lilies to the top of the water. They promised each other that the next one who was called to make the upward climb would return and tell what happened to him. Soon one of them felt an urgent impulse to seek the surface; he rested himself on the top of a lily pad and went through a glorious transformation, which made him a dragonfly with beautiful wings. In vain he tried to keep his promise. Flying back and forth over the pond, he peered down at his friends below. Then he realized that even if they could see him, they would not recognize such a radiant creature as one of their number.

That fact that we cannot see our friends or communicate with them after the transformation, which we call death, is no proof that they cease to exist.

# **April 2021**



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