

# LIFT

*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 [kschmeltekopf@wtrc.com](mailto:kschmeltekopf@wtrc.com) 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](mailto:kschmeltekopf@wtrc.com)  
for more information.

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## **WHAT IS GRIEF?**

By Clinical Psychologists Dr. Matthew Whalley and Dr. Hardeep Kaur  
*Excerpt from longer article accessed at [psychologytools.com](http://psychologytools.com)*

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 thoughts, feelings, and behaviors. 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 be different  
Thoughts about what you are going to miss  
Remembering conversations (or arguments)  
Wishing you had done things differently  
Unwanted memories  
Dreams or nightmares  
Happy memories  
Thoughts that they are at peace  
Thoughts that they are not suffering  
Seeing or hearing your loved one

### 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.**

**\* \* \* \* \***

**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**

