

# LIFT

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

June 2022  
Bereavement Newsletter

Living Is For Today  
West Texas Rehab's Hospice of San Angelo

## *Especially for You*

PLEASE JOIN US!

### ARTISTRY OF LIFE: A CELEBRATION

Tuesday, June 14, 2022  
6:00 – 7:30 p.m.  
San Angelo Museum of Fine Arts  
1 Love Street

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The Artistry of Life Celebration is a fun-filled event that provides an opportunity to remember and celebrate the lives of our loved ones via creating pieces of art. "Art expression is a natural way of expressing our thoughts and feelings when words are not enough," explains Karen Schmeltekopf, Director of Bereavement. "Working with our hands also helps us move grief from the inside to the outside, which helps with the healing process."

This year's theme is "Chimes of Love", and each participant will have the opportunity to create a windchime in memory of their loved one. Trudy Darling will provide our special music.

Artistry of Life is designed for people of all ages and free of charge. Light refreshments will be served. For more information, call HOSA Bereavement Department at 325-658-6524.

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#### EXCERPT: USING ART AS A COPING TOOL IN GRIEF

By Kelly Brown, LMFT (Accessed at [bythebayhealth.org](http://bythebayhealth.org))

If you are acutely grieving now or have ever experienced the loss of someone close to you, you are viscerally aware that grief breaks us open, bringing deep and powerful emotions to the surface and makes us feel raw and vulnerable. Often when we are broken open, we exist in a place beyond words. In this place, visual art can be a light in the darkness.

Art may help us find a bit of comfort in our grief, as it can be a safe place of refuge and a container for overwhelming emotions like anger, fear, and anxiety. It may create space that provides relief from the intensity of loss or help us transform challenging feelings into more manageable (or at least comprehensible) ones. There is also ample research that suggests that the act of making art can be physiologically soothing, calming our nervous system and inviting our bodies to relax. This is a wonderful antidote to the stress response usually active in full swing when we are grieving.

Art can also help us integrate our experiences by balancing the right and left hemispheres of our brain. While telling our story activates the language portion of the left brain, art activates the creative centers of our right brain allowing a processing

and release of emotions that often can't happen by talking alone. Frequently, the images we create with our right brain help us make sense of our inner feeling states, allowing us to bring language back on board to describe something that was previously nebulous. More fluid forms of art like painting or shaping clay can support the exploration of our innermost selves, help us bypass our defenses to get to the root of our experience, and may even support us in shaping a new self when we feel ready to do so.

On top of these many benefits, art can be incredibly empowering, giving us a sense of control when everything in our lives seems so out of our control and instilling a sense of accomplishment when we may be struggling to make the bed in the morning. We may even find it to be life affirming, to provide a renewed sense of beauty in our day, or to reveal a connection to something larger than ourselves.

### ***ADDITIONAL JUNE EVENTS***

**Grief Education Support Group**

**Tuesday, June 7, 5:30 pm**

**WTRC/HOSA Bates Bereavement Center  
1933 University Avenue**

**Monthly Luncheon**

**Tuesday, June 21, 11 am**

**WTRC/HOSA IDT Room  
1933 University Avenue**

**June 2022**



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