



Hospice Fact Sheet

What is grief?

Grief is a normal response to the loss of someone or something that you love and value:

- Grief affects how you feel, think and behave
- No two grief experiences are the same. What is helpful for one person may not be helpful for another.
- Grief is a healthy, natural reaction to change.

What does grief feel like?

- Grief can make you feel tired, sad, overwhelmed, angry and forgetful.
- When actively grieving, you may experience difficulty eating, sleeping and focusing.
- You may cry unexpectedly and uncontrollably at times. Though society may be uncomfortable with tears, they are a healing and healthy way to express what cannot be put into words.
- You may linger on memories related to your loved one and feel guilt or regret regarding what you did or did not do.
- You may want to avoid family, friends, and activities you once enjoyed and even places that remind you of your loved one.
- Your feelings and thoughts may be unpredictable, varied, and even illogical at times.
- You may question your faith or relationship with God.

How Long Will Grief Last?

- There is no timeframe when it comes to the impact grief will have on your life.
- Grief cannot be rushed or avoided. It will create its own timetable.
- It is best not to compare yourself to others as grief is highly individualized and unique.

We at Hospice Care of Middletown continue to hold you in our thoughts. Please call if we can be of any support though this difficult journey.

You have a choice when it comes to quality Hospice services. For care with a personal touch by your friends and neighbors in the community, there is only one "Hometown Hospice." Talk to your trusted healthcare provider today and ask for Hospice Care of Middletown by name or look for the heart and flower logo.

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For information or
referrals, call:
513-424-CARE (2273).

Visit us on the web at:
www.hospicecareofmiddletown.org