



Hospice Fact Sheet

What can I do while I'm grieving?

Here are some things you can do to cope with grief:

- Don't try to avoid your feelings. As painful as they are, exploring your emotions is a necessary part of working through your grief. Don't ignore or suppress your feelings – even the ones you are not proud of or do not understand.
- Find someone to talk with who is understanding and nonjudgmental. For some people, that is a friend or family member; for others, a professional counselor is more helpful. Only you can decide who can best address your particular needs. Your Hospice Bereavement Coordinator is available to meet with you individually and can assist you in locating additional supports.
- Consider joining a support group. Knowing that you are not alone on this journey can be immensely helpful. Your Hospice Bereavement Coordinator can help you find available support groups in your area.
- Practice the art of self-forgiveness. All relationships have moments of harsh words, unintended slights and sincere regrets. Know that you did the best you could at that particular moment. Learn from past mistakes and carry those lessons into your current relationships.
- Eat a healthy diet and get some exercise. Care for your body so you have the energy and resolve to do the hard job of grieving.
- Be patient with yourself. You may not feel or behave like the person you once were. Don't be alarmed. Grief changes us – and sometimes that change is positive.
- Learn about grief. Know what are healthy and typical responses to loss so you don't add to the stress you already feel. Your Hospice Bereavement Coordinator can suggest/provide helpful reading materials.
- Plan for important days like holidays, birthdays and anniversaries. Schedule to be around family and friends or plan something special to honor your loved one. Some people find that trying a new activity gives them the courage they desire and helps them honor their new life without their loved one.

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

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

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.