**WE RECOMMEND**

**Delaying major decisions.** Give yourself time to deal with your emotions before you make important decisions.

**Dealing with your regrets.** Guilt is a common response to the death of a loved one. Remember that you did the best you could. Discuss the “if onlys” with a trusted friend, counselor, or support group.

**Relying on your faith.** You may find comfort and meaning in exploring your spiritual beliefs. This can include attending religious services, praying or meditating, or participating in activities at your place of worship.

**Developing a new routine.** It is often helpful to follow a daily schedule, especially on days when your grief is overwhelming.

**Giving yourself permission to say no.** It is OK to decline social activities and holiday gatherings.

**Avoiding using alcohol or other drugs.**
GRIEF
Grief is a response to loss that affects each person in a unique manner. It is common to think that no one understands how you are feeling because each person grieves differently. History, relationships, stages in life and personality influence how you will respond to the death of a loved one.

Grief brings out emotions that can include sadness, guilt, loneliness, anxiety, anger, and helplessness, as well as relief and peace.

Symptoms of grief include:
- Crying
- Fatigue
- Change in appetite
- Trouble sleeping and making decisions
- Withdrawal
- Loneliness
- Sensing the presence of loved ones
- Wondering if you will ever feel "normal" again.

Spiritual issues may also arise causing you to question your beliefs, or to form new ones.

These are normal responses to loss. It is often helpful to talk to others who are available to listen as you work through your loss and rebuild your life.

SERVICES AVAILABLE
Telephone Support
You will receive calls periodically from the bereavement coordinator and volunteers.

Information
You will receive regular mailings with materials about the grieving process, suggestions for coping, and information on our grief support groups.

Bereavement Groups
- Loss of a Spouse
- General Grief Support Group
- Children’s Bereavement Group
- “Grief and the Holidays” - A workshop for those who are facing the holidays after the loss of a loved one.

Memorial Events
Remembering loved ones who have died is important to everyone. Kaweah Delta Hospice offers a variety of events that honor our patients who have died and support those who are grieving them. These are opportunities to remember your loved one. We will notify you prior to events.

Good Grief Camp
An annual event that brings children together in support for their loss. We host games, arts and crafts and so much more! This event creates coping tools for them during such a difficult time. Our goal is to provide a day that is filled with fun, smiles, laughs, and the assurance that they aren’t alone and that we understand children grieve too.

WORKING THROUGH GRIEF
Life is a series of beginnings and endings. Endings involve profound changes and grieving is one of the hardest things you will ever do. It is important to remember that grief is a process and not an event. It is time consuming and affects every aspect of life. Bereavement is never easy, but it is possible to move through it and to live your life again.

Here are a few suggestions for working through grief:

Allow yourself to grieve
Give yourself permission to grieve for as long as you need. Others may say that it is time to move on, but only you know your needs.

Let others comfort you
Family, friends, neighbors and co-workers want to help, but often do not know how, or do not want to intrude. Let them know how you are really feeling and how they can help.

Express your feelings
Whether it is verbally, in writing, through art, or listening to music, do what works best for you to release your feelings.