

A Healing Journey

Volume 1, Issue 1

BEREAVEMENT



CompassionCare Hospice

Our Name is Our Mission

(702) 636-0200

*Bereavement is the state of loss
following the death of a relative or friend.*

CompassionCare Hospice Bereavement Service continues through the first year following the death of a patient, and includes efforts to assist the family to cope with death-related grief, loss issues and other survivor (s) needs.

*We will be contacting you quarterly through this newsletter.
The purpose of this quarterly **BEREAVEMENT***

*publication is to provide comfort, healing and guidance during this process, and at the same time, to remind you that we are here to help you through the grief process. If we can be of further help, **please give us a call today. (702) 636-0200***

Tasks of grief

THE JOURNEY

Some years ago, Dr. William Worden introduced the concept of tasks of grief. These tasks impose no time limit or sequence, but having some guidepost by which we can measure progress is helpful when we are grieving. As we move along in our grief journey, we can ask ourselves if we are doing the work of these various tasks.

The Four Tasks of Grief.....

- To face the reality that your loved one is dead.
- To experience the pain of the grief.
- To learn to live without your loved one.
- To find meaning in your life that does not include your loved one.

GRIEF IS A PROCESS, NOT AN EVENT!

Specifically how can we accomplish these tasks?

Task one: Certainly, at the time of death, we know intellectually that our loved one is dead, but before we can grieve that loss, we must know this at a deep level. Shock or denial allows us to face this reality slowly, but eventually, the normal ebb and flow takes place when we allow it to happen.

Task two: We must lean into the grief, to hurt, to be angry, feel angry, feel guilty, cry, and express any emotions that you feel.

Task three: Grieving is a process and this takes time. You are unlearning behaviors and routines that have been a part of your life for years. Be patient with yourself.

Task four: Meaning is a deeply personal thing, unique to each of us. Rarely do we "decide" to find new meaning: it develops as we go about living and changing patterns without our loved one.

Keep in mind that the tasks of grief need to be tackled over and over again. They are sometimes accomplished separately and other times accomplished simultaneously. The concept of the TASKS OF GRIEF is not meant to be a blueprint for grieving, but rather guideposts by which you can check your progress.

(excepts used with permission from CHRYSALIS Bereavement Newsletter)

SCRIPTURE:

When you call me, when you go to pray to me,
 I will listen to you.
 When you look for me you will find me,
 I will listen to you.
 Yes, when you seek me with all your heart,
 You will find me with you, says the Lord...

Jeremiah 29:12



Blessed are the Sorrowful

In the Process of Grief... They Shall Be Healed

And what does it mean to mourn? - I asked and an elder stepped forward.

To mourn, she said, is to be given a second heart. It is to care so deeply you show your ache in person. To mourn is to not to be ashamed of the tears. It is to be broken, to be built up and to be healed all in the same moment. Blessed are you if you can mourn with an understanding of your own broken being. Blessed are you if you have a heart that feels, a heart that hurts and a heart that loves. And blessed are you if you can understand others with a heart that serves— and a heart that sees the need before it's spoken. To mourn is to forget yourself for a moment and to get lost in someone else's pain—and then to find yourself in the very act of getting lost. To mourn is to be an expert in the miracle of being careful with your pain. It is to be full of willingness and forever reaching out to pick up and hold carefully others who hurt. To mourn is to sing with the dying and to be healed by the song and by the death. To mourn is to move forward and to look back. To mourn is to say YES!

Dr. Patrick Del Zoppa, 1993

Although each day brings challenge and things that are unknown, you don't have to face them by yourself or deal with them alone,

For others care about you and will keep you close in prayer .

And, above all, God will guide you—for He's truly always there.

EMILY MATTHEWS

God
 brought
 you this
 far _
 He
 won't
 abandon
 you
 now...

LAMPS ON THE PATH

Suggestions to keep you moving in the right direction

1. Accept the grief. Roll with the tides of it. Take time to cry.
2. Talk about your loss. Share your grief within the family. Do not try to protect them by silence. Also find a friend to talk to. Talk often. If the friend tells you to “snap out of it,” find another friend.
3. Deal with guilt, real or imagined. You did the best you could at the time. If you made mistakes, accept the fact that you, like everyone else, are not perfect. Only hindsight is 20-20. If you continue to blame yourself, consider professional or religious counseling. If you believe in God, a pastor can help you believe also in God’s forgiveness.
4. Keep busy. Do work that has a purpose. Use your mind.
5. Eat well. Grief stresses the body. You need good nourishment now more than ever, so get back to a good diet soon. Vitamin and mineral supplements may help.
6. Exercise regularly. Exercise lightens the load through biochemical changes. It also helps you to sleep better. Return to an old program or start a new one. An hour-long walk every day is ideal for many people.
7. Nurture yourself. Each day try to do something good for yourself. Think of what you might do for someone else if they were in your shoes and then do that favor for yourself.
8. Join a group of others who are sorrowing. Your old circle of friends may change. Even if it does not, you will need new friends who have been through your experience.
9. Associate with old friends also. Some will be uneasy but they will get over it. If and when you can, talk and act naturally, without avoiding the subject of your loss.
10. Postpone major decisions. Wait before deciding whether or not sell your house or to change jobs.
11. Record your thoughts in a journal. Writing helps you get your feelings out. It also shows your progress.
12. Turn grief into creative energy. Find a way to help others—sharing someone else’s load will lighten your own. Write something as a tribute to your loved one.

***No matter how deep your sorrow, you are not alone,
others have been there and will help share your load if you will let them.***

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