

What Do We Need During Grief?

Time

Time alone and time with others, whom you trust and will listen, when you need to talk. Allow yourself to feel what you are feeling and give yourself the time you need to do so.

Rest/Relaxation/Nourishment/Diversion

You may need more of certain activities than before: Hot baths, afternoon naps, a trip or an opportunity through a job or volunteering to help others may help with a sense of general wellbeing and sense of purpose to life. Grief is an exhausting process emotionally and you need opportunities to replenish yourself.

Security

Try to reduce or find assistance with stressors in your life. Allow yourself to be close to those you trust. Getting back into a routine will help. You may need to allow yourself to do things at your own pace.

Hope

You may find hope and comfort from others who have experienced a similar loss. Consider joining a bereavement support group.

Caring

Try to allow yourself to accept the expressions of caring from others even though it may feel uneasy or awkward. Helping a friend or relative, also suffering from the same loss, may bring a feeling of closeness.

For more information call (727) 467-7423 or visit SuncoastHospice.org.

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Goals

For a while, it will seem that much of life is without meaning. At times like these, setting small goals is helpful. Something to look forward to such as playing tennis with a friend in the next week; a movie tomorrow night or a trip next month, helps you get through the time in the immediate future. Living one day at a time is a rule of thumb. At first, do not be surprised if your enjoyment of these things is not the same. This is normal. As time passes you may need to work on some longer range goals to give some structure and direction to your life. You may need guidance or counseling to help with this.

Small Pleasures

Do not underestimate the healing effects of small pleasures. Sunsets, a walk in the woods or a hot fudge sundae — all are small steps toward regaining some pleasure in your life. Feeling pleasure is okay, even during your grief.

Activities of Remembrance

- You may find remembering activities helpful such as journaling, creating an album of memories, going through photos, writing a poem or song, or making a drawing, painting or collage.
- Create your own ritual such as lighting a candle, reading a poem or prayer, on holidays or anniversaries.

Reaching out to others and/or volunteer to help others

Staying connected to your support system or community is important. Sometimes, allowing other people to help you allows for deeper relationships and connectedness with those who care. Support groups help people feel connected to others who are going through similar experiences. Sometimes, helping others is one way to bring meaning and relatedness back into your life.

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