



Grieving: Pathway to Healing

1. **Acknowledge** the loss. Be honest with yourself about your grief.
2. **Remember your loved one.** Look through photos. Write a poem or letter of remembrance.
3. **Tell your story.** Talk to someone who cares. Write in a journal. Send a note to a friend.
4. **Attend to spiritual connections.** Nurture yourself by doing things that bring you peace.
5. **Embrace familiar rituals and traditions and be open to creating new ones.** Hold on to what comforts and connects you. Look for new ways to mark special occasions.
6. **Treat yourself kindly and gently.** Be patient with yourself as you face the challenges of each new day.
7. **Embrace simple pleasures.** Watch a sunset. Take a slow walk. Enjoy a healthy meal.
8. **Learn more about living with grief.** Visit SuncoastHospice.org/Grief or one of Empath Health's Lending Libraries in Clearwater, Palm Harbor or St. Petersburg.
9. **Find a good listener.** Join a Suncoast Hospice support group, reach out to understanding friends or talk with a Suncoast Hospice grief counselor.
10. **Be open to moments of joy and hope.** Do something kind for someone else. Recognize small moments of healing.

**Suncoast Hospice offers a variety of grief counseling options including support groups and private counseling. Call (727) 467-7423 for more information.
SuncoastHospice.org/Grief**

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Grieving: A Time for Reflection

What does healing look like?

It is different for everyone. As you look for your own milestones, keep these in mind. They have been signs of hope for others who are grieving.

"I pumped my own gas."

"I could talk about him without falling apart."

"I suddenly realized I was actually looking forward to something!"

"I learned how to pay the bills."

"I could concentrate at work."

"I was able to honor her birthday even though I miss her so much."

"I didn't feel guilty about having a good time."

Adjusting over the past months has offered opportunities to change and grow.

Take a moment to reflect on the progress you have made by thinking about the following questions.

What decisions have you made in the past month?

What have you discovered that you're capable of accomplishing?

What have you learned?

How have you changed?

What goals do you have for the months ahead?

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