



Ask to Come Home. Ask for Caldwell Hospice.



Finding Your Way through Grief

Grief is a natural reaction to loss and a journey you must complete to discover healing. As you work your way through your grief, remember that your journey will be unique. You will grieve in your own special way and time. However, you may experience some of the following common reactions:

- Disbelief that the loss actually occurred, numbness
- Loneliness, as if there's a hole in your heart
- Feeling like you are losing your mind
- Restlessness and need for activity
- Difficulty concentrating, lack of interest in activities
- Loss of appetite
- Difficulty sleeping
- Guilt or anger over what happened or didn't happen
- Feeling abandoned by the loved one
- Crying at unexpected times

Tools to Help You Heal

- **Put regrets into perspective.** When you think "If only I," ask yourself whether it was realistic to do those things.
- **Think about continuing a project your loved one started.**
- **Look to your faith.** You may find comfort in religious ceremonies, prayer, or meditation.
- **Try to put off major decisions.** Wait before making changes, such as moving, remarrying, or changing jobs.
- **Consider joining a support group.**
- **Think about helping others.** Give your time or money to a cause that would be meaningful to your loved one.
- **Allow yourself to move on.** In time, you may find yourself ready for new interests and relationships.

Tips for Taking Care of Yourself

1. **Exercise.**
2. **Cry when you feel like it.**
3. **Talk about your feelings with someone you trust.** Find someone who can listen, without having to "fix" it.
4. **Keep a journal.** Writing your thoughts helps you to further your healing.
5. **Pray/Meditate.** Pray for help as you begin to cope with the changes in your own life. Meditate about your memory of the person who has died.
6. **Breathe.** Inhale deeply through your nose to the count of eight. Then exhale very slowly through your mouth to the count of eight. Repeat.
7. **Watch a funny movie.** Laughter can soothe the aching heart, and it returns energy to the exhausted body.
8. **Read.** The more you know about grief and how other people have survived it, the better.
9. **Create a "feel good" box for the days when you are really feeling "down."** Put important items in the box, such as photos, a piece of jewelry, a special card, or a piece of clothing.

Ashewood Services

The staff of Ashewood is here to help you. If your loved one was a Caldwell Hospice patient, the staff will:

- Call within six weeks of your loved one's death to see how you are handling your grief.
- Make support calls to you at six, nine, and 13 months after your loved one's death to reassess your grief needs.
- Make monthly support phone calls and home visits, if appropriate.
- Send grief education brochures and its calendar of bereavement activities.

For anyone who requests help dealing with grief, Ashewood offers these services at no cost:

- Individual and/or family grief counseling
- *Learn at Lunch*, a lunchtime series that offers different grief-related topics
- *Healing Hearts*, support for parents who have experienced the loss of a child of any age
- *Good Mourning Children's Grief Camp* for children between the ages of six and 12 who have experienced a loss through death
- Other support groups and activities

MAILING ADDRESS

902 Kirkwood Street, NW
Lenoir, NC 28645-5121

LENOIR LOCATION

1002 Ashe Avenue
828.754.0101

HUDSON LOCATION

526 Pine Mountain Road
828.754.0101



www.caldwellhospice.org