



Ask to Come Home. Ask for Caldwell Hospice.



Love's Labor Lost

With the death of an infant, all your hopes, dreams, and plans for the future are turned upside down. At first, you may feel numb or dazed and have a sense of disbelief. Then, waves of varying emotions hit.

Love's Labor Lost provides individualized support for parents and family members who are searching for ways to express their pain, find acceptance for their feelings, and explore coping strategies for their day-to-day struggles, as they grieve the loss of an infant.

Ashewood Grief and Counseling Services sponsors this no-cost program, and it is open to any parent or family member who has experienced the loss of an infant following a miscarriage, stillbirth, or in early infancy. Staff members are available to provide support at the time of the loss, while in the hospital, or at any time in the future.

Support may include, but is not limited to, the following:

- Providing emotional and/or spiritual support
- Administering baptism or dedication
- Assisting with planning and/or officiating a memorial service
- Counseling
- Providing information, education, and resource materials from Ashewood library

Common Reactions to Loss

Grief is a natural reaction to loss, and each of us will experience it in our own unique way and time. Some common reactions may include:

- Yearning, as if there's a hole in your heart
- Feeling restless
- Losing energy and interest
- Feeling intense emotional pain
- Reliving the event over and over again
- Losing focus or concentration
- Losing appetite and/or having difficulty sleeping
- Feeling anger over what happened or didn't happen
- Crying at unexpected times
- Questioning spirituality and challenging your beliefs
- Feeling irritable or moody

Tips for Taking Care of Yourself

Staying healthy — mentally, physically, emotionally, and spiritually — will ease your journey through grief.

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. **Visit your physician for regular check-ups.**

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www.caldwellhospice.org