

HOPE

Support Through Grief & Loss

This information is provided courtesy of Hamilton's Academy of Grief & Loss:
Information, Resources, Education & Support.

What Can I Do About My Grief?

1. **Keep a journal** of your feeling/grief work. Looking back will help you see your progression.
2. **Write a letter** to the person who has died; tell them exactly what you're going through or resolve any "unfinished business."
3. **Don't avoid family days** -- plan ahead of time how you will make them special, what rituals change, what remain the same and how you'll include the memory of the person who has died.
4. **Tell others** clearly what you want and need.
5. **Eat right and exercise.**
6. **Set small goals** first - accomplish them - then set bigger goals.
7. **Reach out** to others.
8. **Be open** and talk about your feelings.
9. **Informal counseling** (talking to friends, family members or a clergy person).
10. **Formal counseling** (appointments with a professionally trained counselor or therapist).
11. **CRY!** Tears are as natural as laughter and just as healing. Tears, whether shared with others or shed in private, can help release bottled up sadness, anger, guilt, exhaustion and loneliness. It takes a great deal more energy to keep your feeling inside than to let them out.
12. **Use outside stimuli** for a catharsis like a movie, play, music or book.
13. **Pray.**
14. Concentrate on **breathing** deep breaths. Give your body the proper oxygen to function completely.
15. **Rely on friendships** and outside help. This is not a sign of weakness.
16. **Create a safe place** and go there in person or in your mind.
17. **Write lists** of good things about the person who has died.
18. Write down the loving **things they said** to you that you never want to forget.
19. **Take care of something other than you;** a plant, a pet, a friend or neighbor.
20. **Do activities** that YOU enjoy.
21. **Groan** in the shower. Imagine a waterfall, washing away the pain and fatigue, covering you and filling you with peace, strength and protection.
22. If you feel stuck, **do something new.**
23. **Pace yourself.** Don't have expectations that are too high.
24. **Enjoy the good memories.**



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25. **Talk out loud** to the person who had died.
26. **Consider memorializing** your loved one, whether it be in your home or somewhere else.
27. **Visit** the place of burial.
28. Consider a **support group**.
29. **Reminisce** over personal belongings or family pictures of the person who died.
30. **Visit nature**.



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