



IN TOUCH

HOSPICE OF THE VALLEY BEREAVMENT NEWSLETTER

Normal reactions to loss

Grief does not occur in easily defined stages; rather it is a blend of emotional, cognitive and behavioral responses. The death of your loved one will affect the whole of you, body and soul. Your initial and later reactions will be felt and expressed physically, emotionally, socially and spiritually.

Physical reactions to loss

- The stress of an emotional injury may be expressed through physical symptoms such as fatigue, high blood pressure, muscle tension, headaches, shortness of breath, erratic sleeping and eating patterns, or aggravation of chronic or new medical conditions.
- Nutrition can suffer. In an effort to comfort and nurture yourself, you may eat more or less than usual. Stress can interfere with the absorption of important nutrients, while fats and sugars deplete energy.
- Rest and relaxation are essential. Because rest relieves, restores and refreshes, it is important that you make time for routine “mindless” activity, or get away for a relaxing weekend. You may sleep less or more than usual as a way to avoid or shut out the pain.
- Although grief saps your energy, exercise is good for you. Regular physical activity increases your circulation, stimulates your heart, cleanses your body, discharges negative energy and gets you out and about.
- Human contact is a basic human need. Touching, hugging, holding and having contact with another is comforting and healing.
- Avoid self-medicating and alcohol, which can offer only temporary escape and may have serious side effects.
- Drink lots of water.
- If your diet is not well balanced, try supplementing with vitamins and minerals. Add fruits, vegetables and grains. Eat smaller, more frequent meals rather than three big ones. Eat foods that are easy to fix and digest, and include a special treat now and then.
- Cut back on your caffeine intake, and drink a cup of warm milk or water at bedtime (plain milk is a natural sedative).
- Take a relaxing bath or warm shower before bed.
- Stick to a regular routine; retire and get up at the same time each day.
- Follow a deep relaxation routine; perform deep breathing exercises in bed.
- Listen to music that soothes your soul and decreases tension.
- Visualize being in your favorite pleasant place.
- Recognize that your thinking processes, coordination and reaction time aren't up to par right now.
- Find an exercise you can do (stretching, walking, swimming, dancing, swinging or swaying to music), and set aside time to do it regularly.
- Ask someone to stay with you to help you focus and prioritize what needs to get done.

Suggestions for coping with physical symptoms

- Inform your physician about what is happening in your life, so your health can be monitored.

MAR/APR 2016

BEREAVEMENT
DEPARTMENT
602.530.6970

Continued on p. 2

- Reach out and touch someone. Cuddle children and pets; hold hands with your friends; get a massage.
 - Attend to personal grooming (hair, skin, nails, wardrobe) that will enhance your body image. There is truth in the saying that when you look good, you feel good too.
- ### Emotional reactions to loss
- For weeks, months, or even years after the death occurs, the shock of loss continues in a wave of disbelieving aftershocks.
 - You recognize that your loved one has died, but you're unable to grasp all the ramifications of that reality.
 - Even simple tasks like getting out of bed in the morning, tending to personal grooming, fixing a meal or going somewhere with friends may seem overwhelming and exhausting.
 - You may have difficulty concentrating and remembering, and feel incapable of making the simplest decision.
 - You may experience nightmares, dreams and phobias, and you may fear that you're going crazy.
 - You may find yourself crying at the slightest provocation or at unexpected moments. Alternatively, you may fear that if you permit yourself to cry, the tears will never stop.
 - You may have the pessimistic belief that things will never get any better, as if life and living are useless, and you may even want to die. While not unusual in grief, such thoughts are usually fleeting and simply reflect how desperately you want the pain of loss to end.

This is an excerpt from the book, *Finding Your Way through Grief: A Guide for the First Year*, Second Edition, by Marty Tousley, CNS-BC, FT, DCC. If you would like to purchase a copy of the \$12 book, please visit hov.org/publications and click on the "Online Store."



Mother's Day Remembrance

Saturday, May 7, 2016, 1–3 p.m.
Hospice of the Valley, Bldg. 1
1510 E. Flower St., Phoenix, 85014

Space is limited. Please register by April 28: 602.636.5390. Participants are asked to bring photos of their mothers and a personal memento to display on our memory table.

Attendees, ages 16 and older, will talk about what our mothers and fathers taught us about the "art of living," followed by an honoring ritual and light refreshments.

There is no charge to attend.

Bereavement Services

Hospice of the Valley provides bereavement support for 13 months following the death of your loved one. Support groups throughout the Valley, and grief counseling support are available. Information can be found at hov.org/grief-support-groups, or by calling 602.530.6970.

Adult Drop-In Groups, No Registration Needed

PHOENIX

Hospice of the Valley
Administrative Office, Bldg. 1
1510 E. Flower St.
Phoenix, 85014
1st & 3rd Thursday, 6:30–8 p.m.

The Stratford Assisted Living
1739 W. Myrtle Ave.
Phoenix, 85021
2nd & 4th Tuesday, 3–4:30 p.m.

Healing Rainbows: Phoenix
(Lesbian, gay, bisexual, transgender)
Hospice of the Valley
Administrative Office, Bldg. 1
1510 E. Flower St.
Phoenix, 85014
2nd & 4th Tuesday, 6:30–8 p.m.

Anthem Civic Building
3701 W. Anthem Way
Anthem, 85086
1st & 3rd Tuesday, 6:30–8 p.m.

EAST VALLEY

St. Matthews
United Methodist Church
2540 W. Baseline Rd.
Mesa, 85202
1st & 3rd Tuesday, 6–7:30 p.m.

Hospice of the Valley
2020 E. Woodside Ct.
Gilbert, 85297
Lost Dutchman Room
2nd & 4th Monday
6:15–7:45 p.m.

Pecos Community Center
17010 S. 48th St.
Phoenix, 85048
1st & 3rd Wednesday, 6–7:30 p.m.

EAST VALLEY, continued

Healing Rainbows: East
(Lesbian, gay, bisexual, transgender)
Hospice of the Valley
2020 E. Woodside Ct.
Gilbert, 85297
Every other Monday beginning
Jan. 11, 6–7:30 p.m.

*See hov.org for Healing Rainbows dates,
or call 602.530.6970*

Sun Lakes United Methodist Church
9248 E. Riggs Rd.
Sun Lakes, 85248
1st & 3rd Thursday, 1–2:30 p.m.

WEST VALLEY

Benevilla (*new location*)
13576 W. Camino Del Sol #22
Sun City West, 85375
2nd & 4th Thursday, 3–4:30 p.m.

Hospice of the Valley
9435 W. Peoria Ave.
Peoria, 85345
2nd and 4th Wednesday, 2–3:30 p.m.

Hospice of the Valley
9435 W. Peoria Ave.
Peoria, 85345
1st & 3rd Thursday, 6–7:30 p.m.

Hampton Inn & Suites
2000 N. Litchfield Rd.
Goodyear, 85395
North of McDowell Rd., next to
Macaroni Grill
2nd & 4th Wednesday, 6–7:30 p.m.

NORTHWEST VALLEY

R&R Adult Day Care Center
246 N. Washington St.
Wickenburg, 85390
4th Thursday, 10–11:30 a.m.

NORTHEAST VALLEY

Fountain Hills Activity Center
13001 N. La Montana Dr.
Fountain Hills, 85268
Community Center
2nd & 4th Monday, 1–2:30 p.m.

Granite Reef Senior Center
1700 N. Granite Reef Rd., Room 8
Scottsdale, 85257
2nd & 4th Monday, 1:30–3 p.m.

Virginia G. Piper Center
10460 N. 92nd St.
Scottsdale, 85258
Educational Conference Room
2nd & 4th Tuesday, 3–4:30 p.m.

Paradise Valley Community Center
17402 N. 40th St.
Phoenix, 85032
1st & 3rd Tuesday, 6:30–8 p.m.

Residence Inn at Mayo Clinic
5665 E. Mayo Blvd.
Phoenix, 85054
5th Floor Conference Room
2nd & 4th Tuesday, 3–4:30 p.m.

PET LOSS SUPPORT GROUP

Hospice of the Valley
Administrative Office, Bldg. 1
1510 E. Flower St.
Phoenix, 85014
1st Saturday, 9–11 a.m.

If the date of a meeting falls on a national holiday, please call to check whether the meeting will take place.

For bereavement support, call
602.530.6970.



HOSPICE
of the VALLEY

1510 E. Flower St.

Phoenix, AZ

85014.5656

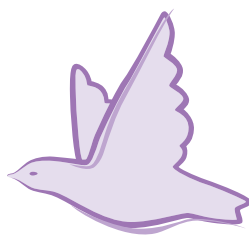
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*The only courage that matters
is the kind that gets you from one moment to the next.*

—Mignon McLaughlin