



# IN TOUCH

## Bereavement Newsletter

Bereavement Department (602) 530-6970 or [hov.org](http://hov.org)

MARCH / APRIL 2021

## 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.

### *Suggestions for coping with physical symptoms*

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

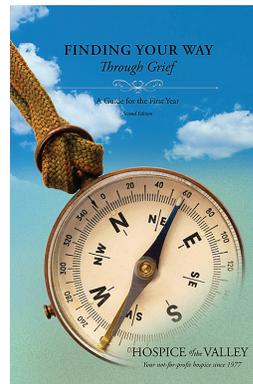
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## NORMAL REACTIONS TO LOSS *(continued)*

- 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.
- 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.
- 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.

### 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



This is an excerpt from the book, *Finding Your Way through Grief: A Guide for the First Year*, Second Edition, by Marty Tousley, CNSBC, FT, DCC.

If you would like to purchase a copy of this book (\$12), visit <https://hov.org/news/> and click on the "Online Store" link at the bottom of the page.



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

—Mignon McLaughlin

## ADULT GRIEF SUPPORT GROUPS

**At the time of printing, in-person groups** are offered virtually and telephonic grief counseling is also available. For bereavement support, call (602) 530-6970.

If you are in need of crisis support, please call the **Maricopa County Crisis Response Network:** (602) 222-9444 or **Non-Crisis Warm Line:** (602) 347-1100.

## FINDING COMFORT IN UNCERTAIN TIMES

People who are grieving can be especially vulnerable to outside stressors such as uncertainty caused by COVID-19. Here are some ideas to successfully move through these changing times:

- **Stay calm.** Focus on the positive. Remind yourself this is a temporary situation and do what you can to assist others in a safe way.
- **Have a daily plan.** Whether you are working from home or not working during this outbreak, organize your time and keep your schedules as normal as possible, so life can still feel manageable.
- **Maintain your environment.** Keeping things orderly in your personal world counters feeling of helplessness. Do things that give you a sense of control. Clean a cupboard. Make your lunch and eat it on schedule.
- **Manage anxiety as it occurs.** Thought stopping can be an effective technique to prevent our imaginations from spiraling out of control.
- **Eat a healthy diet.** This is very important. Empty calories do not give you the healthy fuel you need to feel good. They can bog down your system and weaken your emotional immunity. Be aware that alcohol significantly lowers physical immunity. Find alternative ways of relaxing.
- **Breathe.** To stay calm and centered, breathe in short bursts through your nose for a count of 4, hold your breath for a count of 6, and slowly release for a count of 8. Do this hourly for a few minutes or whenever you're anxious.
- **Exercise.** Exercise is a must to help manage stress, depression or anxiety. Your body's natural serotonin is one of nature's most important mood stabilizers. Research shows even a short brisk walk can effectively manage depression.
- **Listen to uplifting music.** Whatever genre you enjoy, play music, sing along and dance a little. It's a great way to fit in a little exercise and lift your spirits.
- **Find your positive voice.** Watch your narrative. Our thoughts tend to be more negative when we are hurt and grieving. Connect with positive people. Read, watch programs and find uplifting stories to engage your mind.
- **Don't isolate.** Isolation is a huge trigger when grieving. Call, text or email at least two people daily to avoid negativity and maintain social connections. Everyone benefits.
- **Embrace the extra time you gain through social distancing.** Choose to be creative. Enjoy your current hobby or create a new one. Take advantage of YouTube or other social media to learn something new. Spend time with pets and pamper yourself.
- **Limit how much you talk about the virus.** Set limits on news watching. Stay informed but do normal activities.
- **Don't collapse.** To center yourself, create a schedule, put things on paper, engage in a project, organize a meal or a family activity.
- **Do a spiritual reset.** Instead of getting lost in uncertainty, realize that all we really know about is today. Challenge yourself to appreciate "living in the moment." Practice mindfulness or short meditations to help you focus on the present. [hov.org/our-care/mindfulness](http://hov.org/our-care/mindfulness)



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## ANNOUNCEMENTS

### **Bereavement services**

Hospice of the Valley provides bereavement support for up to 13 months following the death of your loved one. Virtual support groups and telephonic or virtual grief counseling support are available. Information can be found at [hov.org/grief-support-groups](https://hov.org/grief-support-groups), or by calling (602) 530-6970.

### **Special group for the newly bereaved beginning March 10, 2021 from 4:30–6 p.m.**

#### ***“Gone from our Sight, Never from Our Hearts”***

If you have recently suffered the death of a loved one and would benefit from sharing with other adults who are also newly bereaved, this might be the right group for you.

For more information or to pre-register for this virtual group, call (602) 636-5390.

### **New Song Center for Grieving Children**

New Song Center for Grieving Children, a program of Hospice of the Valley, provides grief support groups for children, youth, young adults and adults. Support groups are currently being offered for all age groups virtually, at no cost to participants. We will update you as soon as we can safely return to in-person groups.

*“Enduring Ties”* is an evening support group for families that have experienced the death of a minor child. There is also a support group for grandparents grieving the death of a grandchild.

*“Luz del Corazón”* is a support group program for families whose first language is Spanish and who have experienced any type of loss through death.

For more information, call (480) 951-8985 or view [newsongcenter.org](https://newsongcenter.org).

Additional resources are available at <https://hov.org/our-care/grief-support/>.