

caring

As time passes and the heart heals, we hope you are beginning to feel better. Because we care, we offer some advice from *The Courage to Grieve* by Judy Tatelbaum that may help in your recovery.

Time

Time alone; time spent with others whom you trust and who will listen when you need to talk; months and years of time to feel and understand the feelings that go along with loss.

Rest – relaxation – exercise – nourishment – diversion

You may need extra amounts of things you needed before. Hot baths, afternoon naps, a trip, a cause to help others. Any of these activities may give you a lift. Grief is an exhausting process emotionally. You need to replenish yourself. Follow what feels healing to you and what connects you to the people and things you love.

Security

Try to reduce or find help for financial or other stresses in your life. Allow yourself to be close to those you trust. Getting back into a routine helps. You may need to allow yourself to do things at your own pace.

Hope

You may find hope and comfort from those who experienced a similar loss. Knowing something that helped them, realizing that they have recovered, and that time does help may give you hope that sometime in the future your grief will be less raw and painful.

Caring

Try to allow yourself to accept the expressions of caring from others, even though it may be uneasy and awkward. Helping a friend or relative also suffering the same loss may bring a feeling of closeness with that person.

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A service of
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Goals

For a while, it will seem that much of life is without meaning. At times like these, small goals are helpful. Something to look forward to, such as going to a movie tomorrow night, playing tennis with a friend next week, and planning a trip next month, helps you get through the immediate future. Living one day at a time is a good rule of thumb. At first, don't be surprised if your enjoyment isn't the same as in the past. This is normal. As time passes, you may need to work on some long range goals to give some structure and direction to your life. Don't hesitate to ask for guidance or counseling to help you with this.

Small Pleasures

Do not underestimate the healing effects of small pleasures as you are ready. Sunsets, a walk in the woods, a favorite food—all are small steps toward regaining your sense of pleasure in life itself.

Permission to Backslide

Sometimes after a period of feeling good, we find ourselves back in old feelings of extreme sadness, despair or anger. This is often the nature of grief—up and down—and it may happen over and over again for a time. This occurs because, as humans, we are unable to take in all of the pain of loss and meaning of death at once. So nature protects us by letting it in a little at a time.

We cannot prevent or cure grief.
The only way OUT is THROUGH IT.

Sincerely,

*Your friends at the
Monarch Center at Sylvia's*

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