



In Barbara Hills Lee Strang's book, *After Loss*, she describes grief as molten lava. It seeps into the private areas of your life and sometimes erupts in tears when you least expect it. The world in which you lived with your loved one no longer exists. You no longer feel a part of the "old crowd". The person you used to be is no more, for you have lost a part of yourself when your loved one died. You sometimes feel as though you wear a brand that marks you as different. You may feel as though you are standing alone on an empty stage, and you have forgotten your lines. You miss feeling special to someone. You are now a member of what Lee Strang calls the "Secret Society of the Bereaved".

It may help you to think of grief as a large body of water. If you've gone to any beach, you've seen the waves breaking on the shore and then flowing calmly back to sea. Sometimes waves are large, almost overpowering, and sometimes they are merely a ripple. Sometimes the water is calm, and, at other times, it is stormy. At night the tides move in, and in the morning, they move out. Grief is all of that.

Hopefully, you are beginning to realize that grief is a process. Because it is a process, it has a beginning (the loss) and an ending (healing and a new life). For healing to take place, you must walk through it, not under it, over it, or around, but through it. Then grief's fury will be replaced with calm, and all shall be better.

Enclosed are some materials which will assist you in walking through your grief. Remember that our Bereavement team is here for you and are very much concerned about you and your well-being. Please call us sometimes just to let us know how you are doing. We are always happy to hear from you.

Adult Books

- The Art of Being a Healing Presence - James Miller
- As I Journey on - Sharon Dardis & Cindy Rogers
- Final Gifts - Maggie Callahan & Patricia Kelly
- Good Grief- Granger E. Westberg
- Grief Counseling and Grief Therapy - William Worden
- A Grief Observed - C.S. Lewis
- Healing a Grieving Heart: 100 Practical Ideas after Your Husband or Wife Dies - Allan Wolfelt
- The Hour of Death - Philippe Aries
- How to Go on Living When Someone You Love Dies - Theresa Rando
- How We Die- Reflections of Life's Final Chapter - Sherwin Nuland
- I'm Grieving as Fast as I Can: How Young Widows & Widowers Can Cope and Heal - Linda Feinberg
- Life Lessons - Elisabeth Kubler-Ross & David Kessler
- Living When a Loved One has Died- Earl Grollman
- A Short Guide to a Happy Life - Anna Quindlen
- The Tender Scar: Life after the Death of a Spouse - Richard Mabry
- Transcending Loss - Ashley Davis Bush
- Vision Trips - David Kessler
- Western Attitude towards Death - Philippe Aries
- When the Dying Speak - Ron Wooten-Green
- Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life - Genevieve Ginsburg



Choice Bereavement Services

The team cares about you and offers these services to you to help during your time of grief.

- Individual Support- through telephone, home, or office visits
- Group Support- through participation in group therapy with others who have also lost loved ones. Groups are organized as needed or a referral is made.
- Self Help- through information gained through a bereavement bulletin sent directly to you with inspiring and helpful information included to support you during your bereavement. We also maintain a library of books related to loss and grief, which are available for your use.

Taking advantage of follow-up care can help you deal with your grief by:

- Making available a trusted and compassionate person who will listen to your concerns.
- Providing education about the grief process and what you can expect to be experiencing.
- Learning new ways to cope with the stress of loss and grief.
- Providing help to become involved in life again.
- Simply knowing someone is available for you may help you feel relieved and more secure about your situation

“Grief: A Normal and Natural Response to Loss”

Grieving over the loss of a loved one is very painful and at times can seem overwhelming. Many of us wonder if we are grieving in the “right” way and worry whether the feelings being experienced are “normal”.

Here are some of the most common feelings which you may encounter now and for the coming months.

Natural and Normal Grief Responses:

- Feeling emotionally numb
- Knowing that the death has occurred but having difficulty believing it.
- Feeling tightness in the throat and heaviness in the chest or in the pit of one’s stomach.
- Having a loss of appetite or desire to eat more than usual.
- Having a desire to smoke, drink or use drugs (especially tranquilizers) in a greater amount than before.
- Feeling restless and looking for activity and finding it difficult to concentrate and complete tasks.
- Having difficulty sleeping, waking early, and often dreaming of your loved one.
- Being overly concerned with your health and even developing symptoms similar to those of your loved one.
- Feeling low at times of birthdays, holidays, and special occasions.
- Spending money on things usually not purchased.
- Feeling preoccupied with financial concerns.
- Telling and retelling things about your loved one and the experience of his/her death.
- Talking things over with the deceased person.
- Feeling mood changes over the slightest things.
- Feeling guilty for what was said or not said or for not having done enough for you loved one.
- Being angry or irritated at the wrong person or the wrong circumstances.
- Feeling intensely angry at your loved one for leaving you.
- Having difficulty making decisions on your own.