



COPING STRATEGIES THROUGHOUT BEREAVEMENT

Find good listeners: Talk and tell your story again and again. Grief support groups are a natural setting. Call us at Hospice of Spokane at (509) 456-0438.

Get accurate information: Even normal grief is confusing and overwhelming, and we all work through it differently. It may be reassuring to share your feelings. Individual counseling may also be helpful. Let us know.

Use the help that is available: Let neighbors, friends, co-workers, and family help. This is an important time to pay attention to your own needs for food, rest, shelter, and to regain a sense of belonging by keeping in touch with others.

Pay attention to your physical well-being: People can experience physical symptoms of grief that include eating and sleeping disturbances. Do not hesitate to see your physician at this time. Some medications can be helpful.

Be physical if you are able: Walking, swimming, sit-and-be-fit exercises, or whatever works for you are all healthy ways to offset the feeling of fatigue and lethargy. Make it a routine if you can.

Keep a balance: Allow some reaction or distraction if you can. You will need to get away from your feelings of loss even for a short time.

Make use of your self-calming mechanisms: Prayer, meditation, journal-writing or music can balance periods of unrest and melancholy.

Acknowledge your feelings whatever they are: Punch pillows if you are angry, write letters to the deceased in times of loneliness, or light a daily memorial candle in memory. Be creative.

You don't have to be strong for others: Even if you are responsible for children or others who need your support, do not ignore your own grief needs. The Hospice of Spokane Bereavement program can be a resource for you and for them.

Hospice of Spokane offers bereavement resources at no charge to our community. Gathering with others who are journeying through grief is comforting and informative for many people. Our grief support groups focus on several types of grief and are available throughout the week. Special programs especially for bereaved children and parents are also offered at no cost. Individual counseling is available on a sliding fee basis.
