



Coping Strategies Throughout Bereavement

Support and Care for those with Terminal Illness

Find good listeners: Talk and tell your story again and again. Grief support groups are a natural setting. Call Hospice of Spokane at 509-456-0438 to learn more about current groups.

Get accurate information: Grief is confusing and overwhelming. We all work through it differently. It may be reassuring to share your feelings. Individual counseling may also be helpful.

Use the help that is available: Let neighbors, friends, coworkers and family help. This is an important time to regain a sense of belonging by keeping in touch with others.

Pay attention to your physical wellbeing: People can experience physical symptoms of grief that include eating and sleeping disturbances. Do not hesitate to see your physician.

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

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

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

Acknowledge your feelings whatever they are: Write letters to the deceased in times of loneliness or light a daily memorial candle in memory. Be creative.