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GHS Hospice of the Foothills

## Suggestions for Managing Grief

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Losing a loved one is one of the hardest things you will ever experience. Grief can be a powerful emotion, but there are some things you can do to make this time less difficult, and some special personal characteristics that can help you recover more successfully.

You probably already possess a number of these qualities and, with practice, you can learn more ways that will help you grow beyond the pain of losing one you love.

A person who is growing through their grief:

- Accepts the fact that no amount of wishful thinking can bring the loved one back
- Expresses as much grief as he or she feels
- Makes an effort to adjust to the changes that result from the loved one's death
- Takes an active role in helping himself/herself, instead of assuming time alone will heal everything
- Remembers that others have experienced grief and sorrow, too
- Forms new relationships and develops new interests
- Talks about the loss to others
- Gives emotional support to other members of the family
- Recognizes that full healing may never be achieved, but the pain does lessen with time
- Expects his or her recovery to follow a pattern of "two steps forward, one step backward"
- Works on building a new life instead of trying to keep things the same
- Accepts emotional support offered by others
- Has a meaningful spiritual path or personal belief system
- Has adequate financial reserves
- Has close ties with family, relatives, and friends
- Accepts his or her sorrow and other feelings instead of trying to escape from them

### Ongoing Bereavement Services

**Bereavement Education & Support Groups:** These six-week sessions are offered at least seven times a year.

**Grief Support Group:** This ongoing group meets every Tuesday at 1:30 p.m. in Cottingham Hospice House.

**Individual Counseling:** Please call (864) 882-8940 if you would like to schedule an appointment.

**Grief and Loss Library:** At this library, you can borrow books or get brochures about dealing with loss (including information for children and teens).

**Referral:** We will help you find groups and organizations in your community that assist with grief and loss issues.

**Camp Sunburst:** This is a special two-day camp that occurs each spring for children in grades 1-6 who have lost a loved one.

**Memorial Services:** Services take place twice a year, in June and December.

For more information, please call us at **(864) 882-8940**.