

Empathy beyond measure.



The journey through your loss



Dear Family and Friends,

Through death, you have just lost the presence of a loved one. The absence of someone you love leaves you shaken. The separation may be more painful than anything you have known before. The grief may be overwhelming.

UVA Health System's Bereavement Services has prepared these materials as one way of assisting you in your journey through grief. Other losses in life may have taught you something of sorrow, sadness, and adjusting to life again. This new grief, however, may feel deeper and larger; familiar ways of coping may seem so inadequate. Other resources, beyond life experience and immediate family, may be needed.

Bereavement Services offers this packet to help you understand natural grief, to help you make a courageous beginning in facing your loss, and to support you in the necessary work of grief. If at any point in your journey you have difficulty, please call **434.924.2642**.

Sincerely,

The Core Bereavement Committee of the
University of Virginia Health System

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Some Helpful Suggestions

When you return home...

- Contact other family members and close friends. Gather a circle of people who will provide emotional support.
- Notify your spiritual leader such as a pastor, priest, or rabbi. Let them know if you want the funeral or memorial service at your place of worship.
- Call the funeral home you have chosen. Let them know of any special services you may need. Notify the hospital about which funeral home will be serving you. Call Decedent Affairs, **434.924.5018**, anytime of day or night.
- Have a relative, friend, or neighbor answer the phone or help with phone calls, if there are many people to notify.
- Have someone keep a list of all phone calls received, flowers and food donations.

Prior to going to the funeral home...

- Funeral and burial options vary. Ask for descriptions and costs of the kind of service that will honor your loved one. One non-profit consumer resource is www.funerals.org
- Bring any insurance information. Gather information for the obituary — full name and nicknames, date of birth, occupation, father's and mother's names, list of relatives and relationships, and any military service. Include a list of church, professional organizations, clubs or other memberships held.
- Bring the names of organizations or charities you wish to have donations made in memory of your loved one.
- Select and bring the clothing in which your loved one will be buried.
- Make arrangements for food or a reception after the burial service. Perhaps a friend can oversee this task.

- Obtain a book for signatures for those present at the funeral or memorial service. Provide a basket to collect cards people bring.
- Be thinking of individuals who might be available as pallbearers and/or persons who may speak about your loved one at the service.





What is grief?

Grief is the normal process of reacting to a loss. Grief reactions may be felt in response to physical losses (for example, a death), in response to symbolic or social losses (for example, divorce, change in body appearance, or loss of a job), or in anticipation of a loss. Each type of loss means the person has had something taken away. Everyone reacts differently depending on their personality and coping style, relationships, past experiences, and cultural and religious background. The process takes time and should not be hurried.

What are bereavement and mourning?

Bereavement is the period after a loss during which grief is experienced. Mourning is the process by which people adapt to a loss. Cultural customs, rituals, and society's rules for coping with loss influence mourning.

What are some of the normal feelings of grief?

Grief may be experienced as a mental, physical, social, or emotional reaction. Many people report feeling an initial stage of numbness after first learning of a death but there is no order to the grieving process.

Some emotions you may experience include:

- Anger
- Confusion
- Denial
- Despair
- Disbelief
- Guilt
- Humiliation
- Sadness
- Shock
- Yearning

Some physical feelings you may experience include:

- Crying spells
- Diarrhea
- Dizziness
- Fast heartbeat or tightness in chest
- Tiredness
- Headaches
- Nausea
- Restless or irritability
- Trouble concentrating or sleeping
- Feeling a lump in your throat

These feelings are normal and common reactions to loss. You may not be prepared for the intensity and duration of your emotions or how swiftly your moods may change. Sometimes the feelings can be strange and scary. During the first few weeks after the loss of a loved one, almost any type of reaction is possible and normal.

How can I cope during this process?

You may start to feel better in small ways in about six weeks. This is the time when you will begin to reorganize your life around your loss. You begin to develop new habits and lifestyle changes and make plans for the future. Remember though that grief takes its own time. Be kind to yourself. All cultures have developed ways to cope with death and loss. Some common ways that can help you cope during this time include:

- Ask for help and support from family, friends, or a support group, and try to express whatever you are feeling, be it anger, guilt, sadness, or relief

- Accept that some things, like death, are beyond your control
- Avoid making major decisions until your judgment and perspective return
- Take care of your health with regular physical activity, eating balanced, nutritious meals, getting regular rest and relaxation
- Keep up with daily details so you don't get overwhelmed
- Read books or poetry on the subject
- Keep a diary or journal
- Encourage others to talk about your loved one

How will I know if I need professional help?

If your grief seems like it is too much to bear or you notice any of the following you need to seek help from your doctor, clergy, counselor, or other professionals:

- You are unable to function appropriately at work or home

- You have extreme feelings of guilt, worthlessness, or depression that get worse
- You have persistent trouble sleeping (particularly when you awaken early in the morning and can not get back to sleep)
- You lost or gained more than 10-15 pounds
- You are overwhelmed by suicidal thoughts
- You have physical symptoms that do not make sense

What else should I know?

People trying to help during the grieving process often mean well but might not know what to say or do. Things that are most helpful during the grieving process include:

- Sharing the sorrow and talking about the loved one and feelings of loss
- Offering practical help with cooking, errands, etc.
- Remembering that it can take a long time to recover from a loss and that everyone goes at their own pace
- Encouraging professional help if it seems the pain is too much

Grieving is a difficult but natural process. With support, patience and effort you will survive. Some day the pain will lessen, leaving you with cherished memories.

What are some books or resources?

- Algom, Mitch. *Tuesdays with Morrie*. Random Books, 1997.
- Buscaglia, Leo. *The Fall of Freddie the Leaf*. Holt, Rinehart & Winston, 1983.

Please see back pocket insert for more titles.





Do children react the same way to grief as adults?

Children who experience a major loss may grieve differently than adults. A parent's death can be particularly difficult for small children, affecting their sense of security or survival. They may be confused about the changes they see, especially if well-meaning adults try to protect them from the truth or from their survivor's displays of grief.

Unlike adults, children have limited abilities to experience intense emotions. They may seem to show grief only occasionally and briefly but the overall process may take longer. They may not show their feelings openly but exhibit new behaviors. Children often play death games as a way of working out their feelings and anxieties. No two children respond in the same way to the death of a loved one.

What determines a child's reaction?

A child's grief may be influenced by his or her age, personality, stage of development, earlier experiences with death, and his or her

relationship with the deceased. The child's ongoing need for care, opportunity to share feelings and the adult's ability to cope with stress are also factors. The surroundings, cause of death, family member's ability to communicate with one another and to continue as a family after the death can also affect grief.

What are some of the common issues that children have related to grief?

Children may ask –

- *Did I cause the death to happen?*
Children often think they have magical powers. A child may worry that because they have said or thought "I wish you were dead" that their thought caused the death.
- *Is it going to happen to me?*
Especially if the child is experiencing the death of another child they may think the death could have been prevented or that the same thing might happen to them.

- *Who is going to take care of me?*

Children depend on parents and adults for care and support and need reassurance

How can I help children cope with grief?

Coping with a child's grief puts added strain on a bereaved parent. It may be made easier by being open and honest, taking extra time in discussing the death, using direct language and accurate words, providing reassurance, and incorporating the child into the planning and participating of memorial services or funerals.



Children at different stages of development have different understandings of death and the rituals that surround death.

Age	Understanding of Death	Expression of Grief
Infant to 2 years	<ul style="list-style-type: none"> ▪ Do not recognize death ▪ Exhibit behaviors related to separation 	<ul style="list-style-type: none"> ▪ Quiet, sluggish, poor sleep, unresponsive, weight loss
2 to 6 years	<ul style="list-style-type: none"> ▪ Confuse death and sleeping ▪ May think it is temporary, reversible ▪ May believe thoughts can cause another to be sick or die 	<ul style="list-style-type: none"> ▪ Problems with eating, sleeping, bladder/bowel control, tantrums ▪ Asks many questions
6 to 9 years	<ul style="list-style-type: none"> ▪ Believe death is a person or spirit (skeletons, ghosts, bogeyman) ▪ Death is final and frightening but happens only to others 	<ul style="list-style-type: none"> ▪ May ask specific questions about death process ▪ Problems with aggressiveness, acting out, clinging, destructive and/or antisocial behaviors ▪ Feelings of abandonment
9 and older	<ul style="list-style-type: none"> ▪ Knowledge that all will die and it is not punishment ▪ Death is final and can not be changed 	<ul style="list-style-type: none"> ▪ Heightened emotions of guilt, anger, shame ▪ Anxiety about own death ▪ Problems with eating and sleeping ▪ Impulsive, regressive behaviors ▪ Fear of rejection



Some things that can be helpful during this time include:

- Explain your own cultural and spiritual beliefs about death in simple terms.
- Keep a normal routine for the child. The child's well being must come first.
- Recognize that children grieve differently than adults and should not be punished just because adults do not understand their reactions.
- Make sure the child does not feel at fault – that they understand their thoughts, feelings or words did not cause the death.
- Help the child talk about his or her fears and anxieties.
- Share books and videos with the child.

When should I seek professional help?

If you find you are unable to attend to your child's needs because of your own sadness, ask for help. If children begin to complain about their own health, develop extreme behavior problems, experience changes in school and home routines and performance

you should seek help from your physician, counselor or clergy.

What are some good books to share with children?

- Bernstein, Joanne. *Loss*. Seabury, 1977. A guide for young people who have lost someone close, touching upon both practical and emotional aspects of death and its aftermath.
- Cohen, Janice. *I Had A Friend Named Peter*. William Morrow and Co., 1987. When Betsy's friend Peter dies suddenly, she learns that he can live on through memory.
- De Paola, Tomie. *Nana Upstairs, Nana Downstairs*. Rae Publishing Co., 1978. The story of a boy who is heartbroken by the death of his great grandmother. The story continues through the death of his grandmother.
- Douglas, Eileen. *Rachel and the Upside Down Heart*. Price Stern Sloan, 1990. When four-year-old Rachel's father dies, her life feels turned upside down. A true story.

- Grollman, Earl. *Talking About Death*. 1971. Straight Talk about Death for Teenagers. 1993 Beacon Press. Intended as part of a dialogue to take place between parent and child.
- Sims, Alicia. *Am I Still a Sister?* Big A and Co, 1986. This story, written by an 11-year old whose baby brother died, nicely explores a bereaved child's struggle to define a new self-identity.
- Viorst, Judith. *The Tenth Good Thing About Barney*. Atheneum, 1971. Barney, a cat, has died, and his owner eulogizes him at a funeral. Cheryl uses this book for her children's grief groups.
- Williams, Margery, illus. Hague, Michael. *The Velveteen Rabbit*. Holt, Rinehart and Winston, 1983.

Please see back pocket insert for more titles.

Charlottesville's Empty Arms is a local self-help organization offering friendship and understanding to bereaved parents. Modeled after The Compassionate Friends, a widely respected support group of international scope, Empty Arms supplements TCF's local chapter. Although the purpose of both groups is to aid parents in the positive resolution of the grief experienced upon the death of a child, Empty Arms provides a gathering place expressly for parents who have lost babies.

Our goals parallel the aims of The Compassionate Friends:

1. To offer support and friendship to any sorrowing parent.
2. To listen with understanding and provide "telephone friends" who may be called.
3. To provide sharing groups which meet monthly.
4. To give information about the grieving process through programs and library.
5. To provide acquaintance with bereaved parents whose sorrow has softened and who have found fresh hope and strength for living.

When a Child Dies

"When a child dies parents mourn and begin a process of bereavement. Bereaved parents experience many different feelings – disbelief, sadness, loneliness, fear, anger, regret, guilt, despair, and personal loss. The feelings are all a part of the emotional reaction called "grief." Sometimes feelings of grief may be so intense that parents do not understand what is happening. Some parents tend to keep feelings inside while others are able to express their grief easily and openly. While there is no right way to grieve, other parents who have experienced the death of a child offer understanding and support ..."

—Excerpted from The Compassionate Friends literature, copyright 1987

Origins

Founded in 1997 by several couples who met one another at Compassionate Friends meetings, Empty Arms capitalizes on the information network of support that originated under the TCF umbrella. Our fledgling group looks up to The Compassionate Friends as a kind of "Big Sister" and we hope to share

resources and insight in the years ahead. In addition, hospital administrators and local caregivers have also acknowledged the need for such a support group and continue to provide us with guidance.

Membership

As with The Compassionate Friends, the term "membership" is used loosely within Empty Arms. We welcome parents who have suffered miscarriages, stillbirths or early infant deaths. Limiting the group to those who have been directly affected by the death of a baby insures that an environment of respect and empathy is maintained. No dues are charged. Parents may attend meetings as often as they like.

Charlottesville's Empty Arms is a grass-roots, volunteer effort that is not affiliated with any larger organization, although similar support groups exist around the country (many of them are also called Empty Arms; others are a part of a nationwide group known as Share). Although Empty Arms meets in a church, the group has no religious



affiliation. Donations to defray operating costs are gladly accepted. Please note that Empty Arms meetings are not “therapy” sessions; the group is “self-facilitated.” Many parents find an atmosphere of acceptance in talking about their experiences which are easier to address with those who have endured the loss of a baby.

Meetings

Empty Arms meetings are usually held on the first Monday of the month at 7 p.m. at the Church of the Incarnation, 635 Hillsdale Drive in Albemarle County. Please contact us for the most current time and location. See back insert for contact information.

From Charlottesville, travel north on US 29 to Branchlands Boulevard. Turn right. Go one block to end of road and turn left. Church entrance is the next right. We meet in the Stone Chapel directly in front of you as you enter the church property.

Meetings usually begin with personal introductions which include, if you wish, an opportunity to speak about the circumstances of your loss. A roundtable discussion follows and typically lasts 90 minutes. The discussion is culminated with a moment of silence in remembrance of our children. Many parents look forward to the fellowship hour following the discussion and to the realization that their grief work has been made easier through sharing.

Our first few meetings have been led by a guest facilitator, Ms. Hope Bagley. Hope has extensive experience leading support groups and has helped us to become more proficient at self-facilitation. Hope continues to join us on occasion, as do other invited guests who share their expertise. Those signing our attendance log receive monthly meeting announcements which may include a notation of a specific topic or program.

Please consider joining our circle whenever you wish.



Contacting Empty Arms

You may wish to speak with one of us regarding upcoming meetings or to talk about other issues. Please see the back insert pages for information on couples, each of them bereaved parents, who are willing to listen to your concerns.

“Many hands make light work”

Road Through Loss insert printed with permission from the artist.

Hospice of the Piedmont

Offers several grief education and support groups for community members with various needs. These groups are open to the public; your loved one did NOT need to be a hospice patient for you to attend. Recent Hospice of the Piedmont offerings include:

- Charlottesville Daytime and Evening Groups
- Groups for Specific Losses
- Children/Youth Groups and Programs
- Grief in the Workplace
- Special Events

Local groups in the following counties:

Albemarle, Augusta, Fluvanna, Greene, Louisa & Nelson.

www.hopva.org

The Compassionate Friends

This group is for parents who have suffered the death of a child of any age.

www.avenue.org/compassion

LOFT (Living Objectives for Today)

A support group for widows/widowers that meets monthly in Charlottesville. Social support and information exchange are the primary goals. Each month there are guest speakers for various topics. This is a free program from Hill and Wood Funeral Home.

Region Ten

The local community services board. They provide individual counseling and crisis intervention for anyone in need. Cost may be covered by insurance or out of pocket, a sliding scale is available.

www.regionten.org

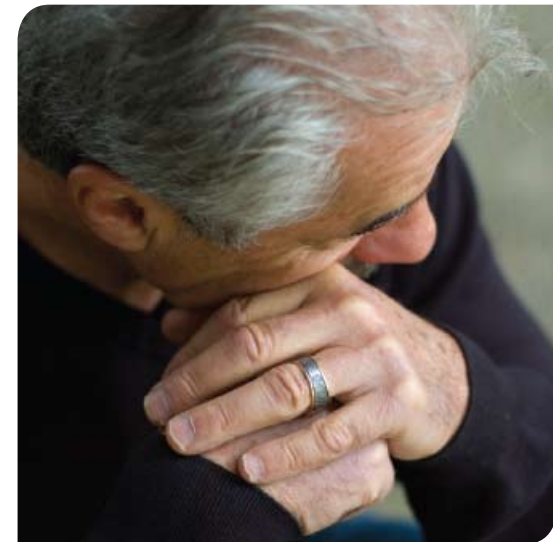
Open House Hotline

A short term crisis and referral source offered 24-hours per day during the academic school year only. They are here to listen, comfort, and provide possible alternatives to your situation. This is a confidential, non-judgemental, and non-directive service.

UVA Cancer Center Bereavement Support Group

For family members and friends who have lost a loved one to cancer.

Please see back pocket insert for current contact information.





Our patients and families come from many different areas in the Mid-Atlantic region. This list is for information on numerous national offices of groups that offer bereavement support. Please contact the national offices to find chapters or offices in your immediate area. Most national offices also provide support for forming local chapters or programs if none are available in your area.

Grief in General

American Association of Retired Persons (AARP)

601 E St., NW, Washington, DC 20049
1.888.OUR.AARP | 888.687.2277. AARP
www.aarp.org/griefandloss

Grief and Loss Programs offer a wide variety of resources and information on bereavement issues for adults of all ages and their families. Services include: one-to-one peer outreach, a grief course, bereavement support groups, informational booklets and brochures, and online support.

American Self-Help Clearinghouse

www.mentalhelp.net/selfhelp
Publishes the Self-Help Sourcebook Online, which is a searchable database that includes information on over 800+ national, international, demonstrational model self-help support groups, ideas for starting groups, and opportunities to link with others to develop needed, new, national, or international groups.

Growth House, Inc.

www.growthhouse.org
Provides access to the Internet's most comprehensive collection of reviewed resources for end of life care.

HOSPICELINK (Hospice Education Institute)

3 Unity Square, Machiasport, MN 04655-0098
1.800.331.1620 | 1.207.255.8800
www.hospiceworld.org
Maintains a computerized database and up-to-date directory of all Hospice and Palliative Care Programs in the United States. Most hospice programs provide bereavement care in their community. Your loved one did not have to be a hospice patient to participate in their bereavement services.

National Hospice and Palliative Care Organization

www.nhpco.org
This is the largest nonprofit membership organization representing Hospice and Palliative Care Programs in the United States. They are committed to improving end of life care and expanding access to hospice care with the goal of enhancing quality of life for people dying in America along with their loved ones. The website also assists with locating your local hospice for bereavement care.

Homicide/Murder

National Organization for Victim Assistance

1730 Park Road NW, Washington DC 20010
1.800.879.6682 | www.trynova.org
Provides crisis intervention and counseling for victims and survivors of violent crime and disaster.

Parents of Murdered Children

100 East Eight St., Suite B-41,
Cincinnati, OH 42502
1.513.721.5683 | 1.888.818.POMC
www.pomc.com

For families and friends who have died by violence. On-going emotional support, newsletters, and chapter development guidelines are provided.

Loss of a Child

The Compassionate Friends

PO Box 3696, Oak Brook, IL 60522-3696.
1.877.969.0010 | 1.630.990.0010
www.compassionatefriends.org

Offers assistance to families following a death of a child of any age from any cause. There are nearly 600 chapters nationwide. Each provides support, groups, and newsletters.

SHARE Pregnancy and Infant Loss Support, Inc.

St. Joseph Health Center, 300 First Capitol Drive, St. Charles, MO 63301-2893
1.800.821.6819 | 1.636.947.6164
www.nationalshareoffice.com
SHARE provides support to those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth, or newborn death.

Sudden Infant Death Syndrome Alliance

1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
1.800.221.7437 | www.sidsalliance.org
Exists to ensure the elimination of SIDS through medical research and education while providing support to those affected by an infant death.

National Sudden Infant Death Syndrome Resource Center

8280 Greensboro Drive, Suite 300
McLean VA 22102
1.866.866.7437 | www.sidscenter.org
Provides information services on SIDS and related topics with assistance for reference and referral services.

Military

Society of Military Widows

5535 Hempstead Way,
Springfield, VA 22151
1.800.842.3451 | www.militarywidows.org
Serves widows of all branches of the uniformed services. Offers support, guidance, referral service, and chapter development guidelines.

Suicide

American Association of Suicidology

4201 Connecticut Ave., NW, Suite 408
Washington, DC 20008
1.202.237.2280 | www.suicidology.org
The AAS provides referrals to support groups for survivors of suicide victims.

Vehicle Homicide

Mothers Against Drunk Driving

511 East John Carpenter Freeway, Suite 700
Irving, TX 75062
1.800.438.MADD (6233) | www.madd.org
MADD will put you in touch with an advocate who can provide comfort, help and guidance. Many affiliates also offer support groups where victims can meet other families who share the experience of an impaired-driving crash.

Phone numbers often change. **Please see back pocket insert for current contact information.**



A voluntary self-help support group for families in Charlottesville/Albemarle and surrounding counties who have experienced the death of a child. We gather to listen, to care, and to understand one another in the process of grieving, healing and growing toward recovery.

The Compassionate Friends is an international self-help organization offering support and understanding to bereaved parents and siblings. The group is not affiliated with any specific religion and does not endorse any political viewpoint. Believing that only a person who has experienced the trauma of losing a child or sibling can fully understand the pain and suffering, our purpose is to promote and aid in the positive resolution of the inevitable grief and to help foster the physical and emotional health of those experiencing it. Our greatest strength as bereaved families is the unity and community we find in shared experiences that remove feelings of isolation, give each a place where he or she “belongs,” and offer hope that, together, we can make it.

There are no dues or fees.

Piedmont Chapter leader: Ginny Smith,
ginnysmith1@comcast.net | pctcf@avenue.org

Programs

Monthly Meetings:

The Piedmont Chapter usually meets the fourth Tuesday of each month at 7 p.m. Meetings, which include sharing sessions as well as guest speakers, are primarily located at the Church of Our Saviour, 1165 East Rio Road, Charlottesville, VA. Please refer to the updated resource list in the back of this packet for the most current times and locations.

Annual Service of Remembrance:

A non-denominational service is sponsored in December in remembrance of loved ones. The service includes a candle-lighting ceremony in memory of the lives and passing of children and siblings, as well as music, readings and remarks by various speakers.

Monthly Newsletter:

The Piedmont Chapter publishes and distributes a monthly newsletter that includes information about chapter meetings and activities, as well as writings of remembrance and comfort by members of this and other chapters. Refer to the resource list in the back of this booklet for information on how to add your name to the mailing list, and how to submit material for the newsletter.

Lending Library:

The Piedmont Chapter maintains a small lending library of books and other materials dealing with loss, grief and mourning. These materials are augmented as funds permit, and may be borrowed at the monthly meetings.

Telephone Network

Do you need to talk, help in getting to chapter meetings, or information about the Compassionate Friends? Our telephone network covers topics such as AIDS, Cancer, Infant Death/Miscarriage, Sudden Death, and Suicide. Please refer to the resource list insert in the back of this booklet for the current contact numbers.

The Compassionate Friends, Piedmont Chapter:

www.avenue.org/compassion

National Information:

National TCF Headquarters
P.O. Box 3696
Oak Brook, IL 60522
877.969.0010
www.compassionatefriends.org



Dear Family,

I write to you as someone who has also experienced the loss of a beloved family member. When our beautiful 19-year-old daughter, Stephanie, died in the Emergency Room following an auto accident, our family was in shock and agonizing grief. There were many things we later did not understand or could not remember about those hours at the hospital. Stephanie's sudden tragic death left us overwhelmed with grief and loss for many months. Our experience led me to help create this booklet for bereaved families to take with them as they leave the hospital.

I hope the information in this booklet will help as you begin to make necessary arrangements and to start your journey through grief. A lesson my family learned is that no two people experience the same emotions at the same time. It helped us to remember to be kind to ourselves and patient with each other. May you find the strength to go through the days ahead, one step at a time and to rely on those who offer their help, including the staff at the University of Virginia Health System.

With Sympathy and Compassion,

Jane Deaton, Stephanie's mother



Suggestions to keep you moving in the right direction. *

1. Accept the grief. Roll with the tides of it. Do not try to be brave. Take time to cry.

2. Talk about your loss. Share your grief within the family. Do not try to protect them by silence. Also find a friend to talk to. Talk often. If the friend tells you to “snap out of it,” find another friend.

3. Deal with guilt, real or imagined. You did the best you could at the time. If you made mistakes, accept the fact that you, like everyone else, are not perfect. Only hindsight is 20–20. If you believe in God, a pastor can help you believe also in God’s forgiveness.

4. Keep busy. Do work that has a purpose. Use your mind.

5. Eat well. Grief stresses the body. You need good nourishment now more than ever, so get back to a good diet soon. Vitamin and mineral supplements may help.

6. Exercise regularly. Exercise lightens the load though biochemical changes. It also helps you to sleep better. Return to an old program or start a new one. An hour-long walk every day is ideal for many people.

7. Nurture yourself. Each day try to do something good for yourself. Think of what you might do for someone else if they were in your shoes and then do that favor for yourself.

8. Join a group of others who are sorrowing. Your old circle of friends may change. Even if it does not, you will need new friends who have been through your experience.

9. Associate with old friends also. Some will be uneasy, but they will get over it. If and when you can, talk and act naturally, without avoiding the subject of your loss.

10. Postpone major decisions. Wait before deciding whether or not to sell your house or to change jobs.

11. Record your thoughts in a journal.

Writing helps you get your feelings out. It also shows your progress.

12. Turn grief into creative energy. Find a way to help others—sharing someone else’s load will lighten your own. Write something as a tribute to your loved one.

13. Take advantage of a religious affiliation. If you have been inactive, this might be the time to become involved again. For some people, grief opens the door to faith. After a time, you might not be as mad at God as you once were.

14. Get professional help if needed. Do not allow crippling grief to continue. There comes a time to stop crying and to live again. Sometimes just a few sessions with a trained counselor will help a lot.

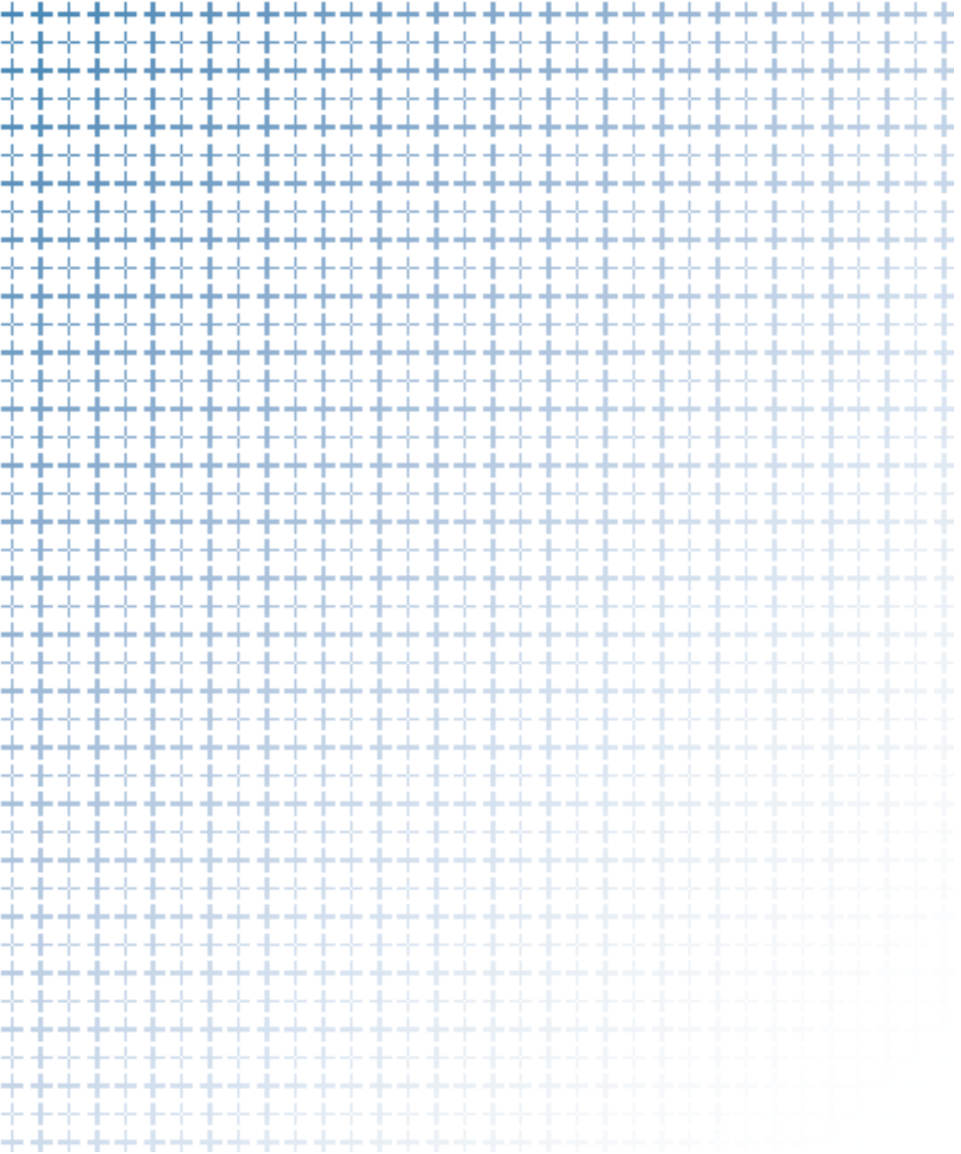
*Taken from *Healing Grief*, 5th Edition; used with permission by Medic Publishing Co.



Chaplaincy Services and Pastoral Education

Bereavement Services

434.924.2642



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