

Helping Yourself Through Grief

- Journal these days of grief. Writing down your thoughts, reflections, stories and memories and place them on paper where they seem more manageable. Later, as you read your journal, you will see how you have progressed in healing.
- Grief is like a roller coaster... the ups and downs that you experience are expected.
- Thoughts, memories, photos and stories of your loved one are all healthy and good. Don't let people tell you to "move on" or "put the memories away."
- Ask for help if you need it – people want to be there for you but they don't know what to do unless you ask.
- Having your loved one's personal belongings around you can be comforting. Only release things as you are ready. When you do decide that you are ready you can give them to people and charities that have meaning to you.
- Visiting your loved one's place of burial is okay. For some it is comforting, for others it is not – you decide what comforts you.
- You may have many questions about why this happened to your loved one or why it happened to you. Asking "Why?" is a normal response.
- You may not feel like being social but isolation is not helpful for healing. Determine what persons or groups comfort you and intentionally plan on being with them on a regular basis.
- Find a place of reflection or meditation that is comforting to you. Visit there often and allow yourself time to reflect on your loved one's life as well as your own life and healing.



For additional support contact the
Hospice of the Golden Isles Bereavement Office
Phone: (912)267-5462 or email:

bereavement@Hospice.me

More resources are available at www.Hospice.me

Taking Care of Business

Coping with the death of a loved one is a very difficult experience. Yet even during this period of grief and emotional adjustments, important financial arrangements must be made. We hope the following lists will help guide you through the many decisions which need to be made and actions which need to be taken in the first few months after death.

<u>DOCUMENTS TO GATHER</u>	<u>CONTACTS AND CHANGES TO BE MADE</u>
Will/trust	Funeral Home
Life insurance policy	Attorney
Birth certificate	Probate
Marriage certificate	Banks/ Safety Deposit Boxes
Death certificate	Credit Union
Funeral arrangements or instructions	Utility Company
Social security cards for both of you	Financial Advisors
Tax returns	Creditors
Divorce agreements	Life Insurance
Bank statements	All previous employers regarding possible life insurance policies
Investment account statements	Current employers of both deceased and yourself
Stock certificates	Social Security Administration
Pension/retirement plan statements	Credit Reporting
Loan statements	Labor Union
Mortgages	Health Insurance Provider
Leases	Financial aid office of colleges
Deeds	Clubs, membership's, fraternal organizations, alumni associations
Motor vehicle titles	Co-owners
Car insurance	Outstanding debt institutions, medical bills
Homeowner's insurance	Taxes/property taxes
Health insurance	Change deeds, titles, insurance on properties and vehicles to your name
Bills	
Safe deposit box information (and key)	
Business ownership or records	
Military Service Records	
Computer records related to assets	