

## Reaching Out for Help

Grief can feel lonely. When we are grieving, we often avoid occasions to be with other people. Be intentional about reaching out for help even though it is hard. The following tips may help you reach out for help so that you can receive the energy and care of others in order to heal.

- Determine who the people and places are that comfort you. Who in your circle of friends and family seems to understand you and the loved one you lost and can share memories with you? Plan to spend time with them on a regular basis. Do not be shy about asking them for their attention. They do not mind.
- When people say “What can I do for you?”, tell them. Make a list of things that would be helpful for you. For instance “ You could join me for coffee on Tuesday afternoons so I can talk”, “You can pick my son up from school so I can attend the support group”, “You can sit with me in church because I miss my husband sitting with me,” “You can help me figure out something on the computer.” People usually do want to help so do not be shy about communicating practical ways that they can be comforting to you.
- Steer clear of people and events that cause you stress. You can plan on attending places and occasions that comfort you. If you do not like going by yourself, plan ahead and ask a friend to go with you.
- Find support in others who have traveled the same road you are on. Spending time with people who have suffered similar losses to yours can be helpful especially if their grief has healed over time. They will understand where you are in your own healing process and can offer hope to you. Grief Support Groups will offer this or you may know members of your social circles who are further along in their journey than you.



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

[Bereavement@Hospice.me](mailto:Bereavement@Hospice.me)

More resources are available at [www.Hospice.me](http://www.Hospice.me)

## Taking Care of Yourself

Taking care of yourself physically, emotionally, and spiritually will strengthen you for the task of grieving and healing. The following inventory of self-care can guide you in that process. Check which areas you feel might strengthen you for coping. Make a note of problems or successes. Refer to this list over time as a personal check-up on how well you are taking care of yourself and what areas you may need to address.

### Physical Care

- Sleep
- Diet
- Exercise
- Recreation/Play
- Medical check
- Using medications and alcohol appropriately

### Emotional Care

- |   |   |
|---|---|
| <input type="checkbox"/> Recreation               | <input type="checkbox"/> Stress Reduction               |
| <input type="checkbox"/> Time with friends/family | <input type="checkbox"/> Work                           |
| <input type="checkbox"/> Counseling               | <input type="checkbox"/> Hobbies                        |
| <input type="checkbox"/> Support Groups           | <input type="checkbox"/> Art/Creativity                 |
| <input type="checkbox"/> Reading                  | <input type="checkbox"/> Volunteering/Service to Others |

### Spiritual Care

- Reading
- Nature
- Music/Art
- Faith
- Being With a Community of Faith
- Service To Others