

GUIDELINES for HELPING

Make contact. Make a phone call, send a card, attend the funeral, bake and deliver cookies.

Provide practical help. Decide on a task you can help with and make the offer.

Be available and accepting. Accept the words and feelings expressed and avoid telling them how they should feel or what they should do.

Be a good listener. Many in grief need to talk about their loss; the person, related events, and their reactions. Allow griever to tell their stories and express their feelings.

Exercise patience. Give bereaved people “permission” to grieve for as long or short a time as needed.

Encourage self-care. Encourage bereaved people to attend to physical needs, postpone major decisions, allow themselves to grieve and to recover.

Model good self-care. It’s important for you to maintain a realistic and positive perspective, to maintain your own life and responsibilities.



Providing Compassion and Care with Dignity

**Locations in Mohave County
Lake Havasu City and Bullhead City Areas
HospiceHavasu.org
928-453-2111 - 24 Hours**

Hospice of Havasu, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

After
a
Loss



Practical ways
for adults
to give *and*
receive help

Hospice of Havasu Grief Support Services:

- Individual and family grief support
- Grief support groups
- Education on grief and loss
- Referrals to community resources

Adult Grief Support Group

Grief Support Groups are available to anyone in the community who has lost a loved one and is working through grief and loss.

Call for locations, dates and times.

As a 501(c)(3) not for profit organization founded in 1982, Hospice of Havasu exists to serve the community.

These services are provided at no cost, thanks to generous community donations.

WHAT IS GRIEF?

Grief is a normal and natural, though often painful, response to loss. The more significant the loss, the more intense the grief is likely to be.

Each individual experiences and expresses grief differently. For example, one person may withdraw and feel helpless, while another might be angry and want to take some action. No matter what the reaction, the grieving person needs the support of others.



THE FIVE STAGES OF GRIEF.

The process of grieving in response to a significant loss requires time, patience, courage, and support. The grieving person will likely experience many changes throughout the process. Those changes may include:

DENIAL is often the initial reaction to loss. Shock is the person's emotional protection from being too suddenly overwhelmed by the loss. The grieving person may feel stunned, numb or in disbelief concerning the loss.

ANGER is a frequent response to feeling powerless, frustrated, or even abandoned and may be directed to self, at God, at life in general for the injustice of the loss, at others involved, or at the deceased for dying.

BARGAINING may take the form of a temporary truce. We may become lost in a maze of "if onlys" or "what if" statements. Guilt is often bargaining's companion. Guilt is a common reaction to things the griever did or failed to do before the loss. For example, a griever may reproach him/herself for hurtful things said or loving things left unsaid.

SADNESS/DEPRESSION is often triggered by reminders of the loss and its permanence. It is the appropriate response to a great loss.

ACCEPTANCE is about accepting the reality that our loved one is physically gone and recognizing that this is the new reality and it is the permanent reality. We must learn to reorganize, reassign and reinvent ourselves.