

Grief is a natural and necessary response to loss. We can not go around the pain of our grief instead we must journey through it.

In life, everyone grieves but their journeys are never precisely the same.

Grief affects us all in different ways.

Tips to help yourself and others through the grieving process:

- Reach out for support – Each person has different needs as they grieve. Let people know what you need and how they can help. People often want to help, but are unsure of what they can do. They can't fix what has happened, but they can be present.
- Scale back your obligations temporarily – You need time to express how you really feel to yourself, which is tough to do if there are many expectations still placed on you. Take some vacation time or even sick leave as a way to let yourself truly absorb and process what has happened.
- Take it one day at a time – Focus on taking one step at a time with small daily tasks.

This can help you get through the hardest days of your life.

- Talk about your grief – Express your grief openly. By sharing your grief outside yourself, healing occurs. Find caring friends and relatives who will listen without judging.
- Caring for yourself – Good selfcare is important at this time. Slow down and take good care of yourself as best you can. Eat, sleep and exercise, allow some flexibility in your routine. Finding balance between being social and taking time for yourself is important.

Programs & Services include:

- Community Visiting Program
- Vigil Service
- Wellness Program
- Bereavement Program
- Volunteer Program



Everyone's journey is unique and COHA is here every step of the way. All of our programs & services are offered at no cost and anyone can make a referral – we can help.

Visit **www.hospicecoha.org** to learn more.