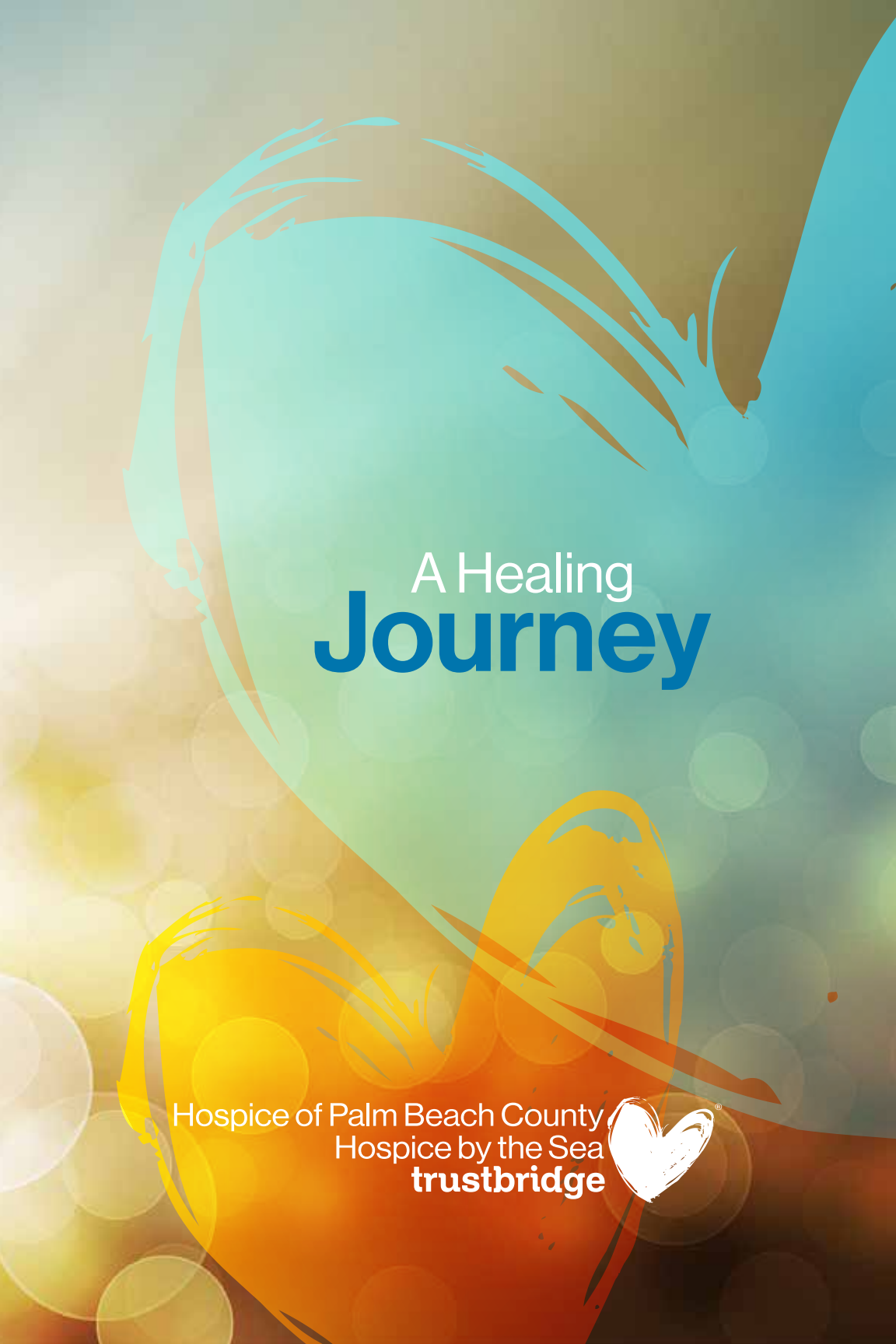
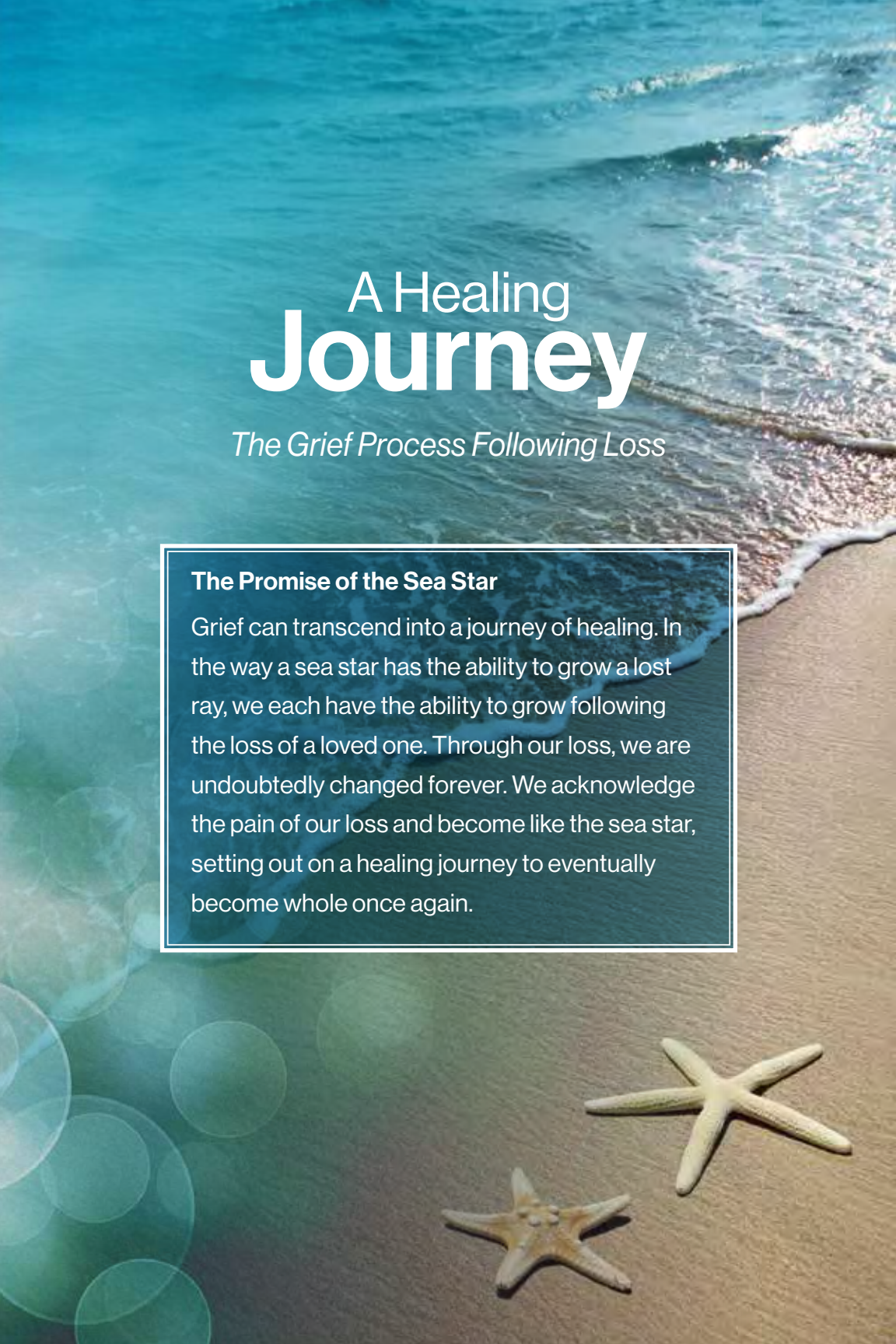




A Healing **Journey**

Hospice of Palm Beach County
Hospice by the Sea
trustbridge





A Healing Journey

The Grief Process Following Loss

The Promise of the Sea Star

Grief can transcend into a journey of healing. In the way a sea star has the ability to grow a lost ray, we each have the ability to grow following the loss of a loved one. Through our loss, we are undoubtedly changed forever. We acknowledge the pain of our loss and become like the sea star, setting out on a healing journey to eventually become whole once again.

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A Letter from Trustbridge

Dear family and friends:

Please accept our most heartfelt condolences on the death of your loved one. The journey you began with us at hospice may have felt overwhelming and daunting, and you have likely been experiencing a wide range of overlapping emotions. You have been an integral part of the care provided for your loved one.

It is our hope that throughout the end-of-life transition, you and your loved one felt supported and cared for. It has been a privilege and honor to be part of your loved one's life as well as yours, and we wish to assist you in any way possible as you begin a new journey: one of healing and renewed vitality. It will take time, and we are available, willing and prepared to support you, step by step, through your personal process of grief.

As the focus of our journey with you shifts to your care, please know that we hold this trust with the same sense of privilege as we held the trust between your loved one and us. In this booklet, we wish to give you the firm knowing and sense of awareness that you do not have to walk this path alone. We are here for you.

The booklet is simply the beginning, offering you some insight into what grief is, what some common grief responses are for both children and adults, and what you can do to begin your healing journey. It also offers guidance on how to recognize the difference between complicated and normal grief—always keeping in mind that grief manifests differently at different times in different people and for varying durations. There is no right or wrong way to grieve.

The counselors at our bereavement centers are available to answer questions or assist you with any concerns.

We're there for you . . . to help in any way we can.

What Is Grief?

To answer this question, let us first begin by offering the definition of *bereavement*, a word you will hear frequently in the days, weeks and months to follow. Bereavement is the state of being sad due to the recent death of a family member or friend. Grief is the distress we feel, caused by this bereavement. Grief is also a process we go through to help us adapt to this devastating life change. All of this is normal and natural. It is simply part of being human.

Understand that grief is more than just feelings. Grief is experienced in our hearts, minds, bodies and souls. It affects every aspect of what makes us who we are. So do not be surprised if your grief results in strong emotions, physical changes, and new thoughts, beliefs and habits.

There is no correct or incorrect way to experience grief. Like all journeys in life, the process of grief is a personal one, but it does not have to be traversed alone. All of us eventually experience the death of a person close to us—a family member, friend or someone special. This does not make bereavement any easier, of course, but others who have had similar experiences can be an amazing source of comfort, compassion and understanding during this time.



Grief Is Not About Forgetting

This healing journey is not about having to “let go” of anyone. So please don’t feel that you must “let go” or “say goodbye” to your loved one’s spiritual and emotional presence in your life. The memories you have and the love you shared will always be part of who you are. Through these memories, your loved one will always be with you and be part of your life.

Contrary to what you may have thought, you do not have to forget your loved one to lessen your pain and/or regain a sense of joy in life. Throughout the grieving process, you will be learning new ways to move through life and discovering how to go on even though your loved one’s physical presence is no longer a part of your life. This takes time, but someday, your memories of your beloved will be integrated seamlessly into your life.

Please do keep mementos and photographs of your loved one. During the grieving process, try not to discard or donate anything that belonged to your loved one. You may find joy in these items at a later time, even if they currently bring you heartache.



Grief Has No Time Limit

There is no time limit to grief. The process can take as long as you need it to, so please do not feel rushed to feel “okay” again. However long it takes, understand that the grieving process is not a simple or easy one. In fact, some people refer to it as “grief work” for this reason. Whether or not you look at it as work is up to you. Just know that when you go through this process, you will eventually regain a sense of vitality and renewed hope in life.

Please reach out to the caring professionals at Trustbridge to make the process feel less burdensome for you until you have worked through your grief—that is, when it consumes less of your energy and attention, and you have adjusted to life without your loved one’s physical presence.

“Grief Work”

In the book *Grief Counseling and Grief Therapy*, Dr. J. William Worden offers insight into the “Four Tasks of Mourning.” These are:

- ♥ To accept the reality of the loss.
- ♥ To work through the pain of grief.
- ♥ To adjust to an environment in which the deceased is missing.
- ♥ To find an enduring connection with the deceased while embarking on a new life.

Your bereavement counselor can assist you with these four “tasks” as needed. Accepting the reality of the loss, as difficult as it can be, enables you to move forward with the other three tasks.



Grieving Someone with Whom You Had a Complicated Relationship

You may want to remember your loved one in only the most positive light, but most relationships are not without their problems or conflicts. Again, it's not about forgetting or ignoring your less-than-perfect memories—even if these conflicts continued throughout your loved one's dying process.

Oftentimes, grieving someone with whom you had a complicated relationship might be more “work” than if your relationship was mostly conflict-free. Please speak honestly with your bereavement group and counselor, and your close friends and family, about what you are feeling—the good, the bad, and the neutral—to fully process the experience and make peace with those feelings.

During this process, you may need to find forgiveness—either for yourself, for your loved one, or for both of you. Forgiveness, like grief, is a process. Give yourself time to sort through your many layers of feelings until you find the peace that accompanies resolution.

Interacting with Others While Grieving

The death of a loved one is a difficult topic of conversation for many of us. Some of the people you encounter during this time may not know what to say to acknowledge your loss or what to do to offer their support. Some people may even avoid the subject entirely.

While it is not your job to make others feel comfortable around this topic, you can express to them that it is okay for them to speak with you about your loved one and ask questions if they have any. If you wish, you can let them know how and what you are feeling, as well as how they might be able to support you during your healing journey.

The support you need may be as simple as asking someone to listen to you, or more complicated, such as asking for a helping hand with something that needs to be taken care of. It is okay to ask for help from friends and family even if they don't think to offer it. Often, they want to be there for you, and just need you to express how they can go about doing that.

Common Grief Responses

When mourning the loss of a loved one, you will likely experience a wide range of emotions. Anger, anxiety, confusion, guilt, loneliness, and sadness—all of these and many more are common emotional responses to grief. You may even experience several of these emotions at a time. And sometimes you might feel completely devoid of all emotions. Feel the feelings and sensations as they come up without trying to push them away. There are no *shoulds* or *shouldn'ts* when it comes to what you're feeling or *not* feeling.

Grief is often compared to an ocean. The feelings come and go, sometimes large and overwhelming, other times small and lapping at your feet. However, each time the waves of emotions are experienced, it leaves you in a different place and closer to a healing center.

Be aware, too, that you may experience physical responses to grief as well as the emotional ones. Such physical responses might include a reduced or increased appetite, feeling tired, not being able to sleep, or sleeping a lot. Again, when mourning the death of your loved one, don't be alarmed if you notice yourself having these physical responses.

Let's take a look at some common responses to grief. This list doesn't cover every possible grief response, of course. But scanning this list will help you become familiar with what you may experience. This takes the surprise out of it, giving you the chance to recognize what's happening when it's happening.

A Quick Look at Normal Grief Responses:

Acceptance	Disbelief	Relief
Anger	Fear for one's future	Sadness
Anxiety	Feeling uncared for	Self-blame
Apathy	Forgetfulness	Shock
Changes in eating habits	Guilt	Spiritual confusion or pain
Changes in sleeping patterns	Hopelessness	Strength
Confusion	Isolation	Thankfulness
Despair	Joy in remembering	Uncertainty
	Loneliness	Wanting to be alone (isolated)

What Is Complicated Grief?

Although the behaviors listed on page 9 are considered normal grief responses, if they continue for a prolonged period of time and interfere with a person's usual activities and level of functioning, complicated grief may be an issue. Often, the difference between normal and complicated grief responses is the duration, intensity and consequences or effects on one's daily life.

Please understand that after the death of a loved one, it is perfectly normal to feel intensely angry and/or intensely sad or any other intense emotion from time to time for an unspecified duration. It's also normal to withdraw from social activity for a time. However, if these intense and/or overwhelming feelings continue daily and to the point at which you are unable to function in your life (several months following your loved one's death, for example), you may be experiencing complicated grief. Here's a quick look at some possible complicated responses:

A Quick Look at Complicated Grief Response:

Suicidal thoughts or gestures	Obsessive thoughts about the deceased
Clinical depression	Substance abuse
Debilitating isolation	Debilitating changes in eating behaviors
Inability to return to routine	Increased risk-taking (e.g., dangerous acts, reckless financial decisions, gambling, etc.)
Debilitating anxiety or panic attacks	
Sleep deprivation	
Debilitating self-blame	

If you or any of your family members or friends are experiencing any of these complicated grief responses, please know that assistance is available. As alarming as any or all of these behaviors are, there are many caring professionals and resources through our bereavement centers and communities that can guide you through this storm. Above all, know that you are *not* alone.

The Grieving Family

If your loved one was part of your daily family life, and several grieving family members are living in the same home, it is important to understand that you are each processing your own grief at your own pace and in your own way. Try to be there for each other, while also taking the alone time you need to experience your feelings.

Set aside some time to be with each other, sharing special memories, crying or laughing together, perhaps making your loved one's favorite meal together, and other things that will help you honor your loved one's memory and bring you closer together as a family. Don't try to force anyone to partake in this time who doesn't wish to join in right away. And, if there are children in the home, see "How Grief Manifests in Children and Teens" on the next page.



How Grief Manifests in Children and Teens

When children or teens are grieving, the adults in their lives are likely also grieving. In an attempt to shield their children from pain, these adults may hide their own grief from the children. Know that it is okay to share your sadness and grief with children who are close to you, so that they can understand that it is normal to grieve. Keep the lines of communication open, and be honest when answering questions. Give as much age-appropriate information as you can give.

After a child has lost a loved one, it is extremely helpful to maintain normal routines and consistency as much as possible. Children and teens need to know that there is someone “in charge” and that someone is looking out for them. The following sections outline common grief reactions children may experience so that you can be aware when observing any children in your life who are also grieving.

Behavior/Social Grief Responses:

Crying	Temporary assumption of a new role or personality, often related to the deceased
Regressive behaviors	
Aggressive behaviors	Changes in sleeping patterns
Rebellious/defiant behaviors	Lower grades
Withdrawal/passivity	“Perfect child syndrome”
Hyperactivity	“Bad child syndrome”
Increased need for reassurance	Drug-use increase
Hoarding (food, toys)	Sexual promiscuity
Changes in eating patterns	Reckless or self-destructive behavior



Emotional Grief Responses:

Self-blame and guilt (i.e., "Did I cause the death?")	Separation anxiety
Numbness	Unacceptance
Withdrawal	Preoccupation
Being demanding	Anger (may be disguised as general irritation)
Helplessness/hopelessness	Sadness
Despair	Anxiousness
Fear of the dark, or of going to sleep, or fears such as: "Who will take care of me?"	Boredom
"Will it happen to me, too?"	Apathy

Physical Grief Responses:

Stomachaches	Increased number of colds and infections
Headaches	Symptoms associated with illness or injury of the deceased
Changes in appetite	Bowel and bladder disturbances
Sleep disturbances	Temporary slowing of reaction
Rashes	
Breathing disturbances	
Worsening of allergies	

Cognitive Grief Responses:

Impaired self-esteem	Idealization of the loved one
Disturbances in cognitive functioning (attention-span deficit, hyperactivity)	Idealization of the past
Magical thinking	Idealization of the future
Loss of centered thinking	Unrealistic thinking related to the loss
Avoidance and denial of the loss	Increase in nightmares/dreams

Although all of the behaviors listed in the foregoing sections can be considered normal grief responses, they can become a matter for concern when several behaviors are observed in combination and over a prolonged period. Also, if these behaviors appear to interfere with the child's or teen's usual activities and/or level of functioning, professional consultation is advised.

**Q: My child is having difficulty in school following our loved one's death.
Who can help us?**

A: Please contact our bereavement centers at 561.227.5175. We have children's counselors who can answer your questions and assist you. We also sponsor programs in both private and public schools throughout Palm Beach and Broward counties. You may also contact the guidance counselor at your child's school and ask whether the school has made arrangements to receive our services this year.



Guidance for Coping with Your Grief

Until now, much of your time and energy was likely focused on your loved one. As you enter this period of bereavement, it is time to turn that energy toward your own well-being. You may not be entirely certain about how to help yourself or where help can be found. The following are some ideas to consider on your healing journey:

Call our Trustbridge Bereavement Centers. Our bereavement counselors are available to provide support to you and your family. Please reach out to us for support, as needed: in Palm Beach County at 561.227.5175; in Broward County at 954.267.3875; or toll-free at 888.499.8393.

Express your emotions. Give yourself space and time to feel what you are feeling. Share your feelings and thoughts with others in whose presence you feel safe and supported—a friend, counselor or chaplain, for example. Expressing your emotions and processing your thoughts aloud can be very healing.

Memorialize your loved one if you desire. Planting a tree, lighting a candle, creating a collage of photographs, donating your time to a charity, and other types of projects and activities can be a wonderful way to honor your loved one's memory.

Avoid making major life decisions within the first year, unless absolutely necessary. Learning how to cope without your loved one's physical presence in your life takes time. Rushing into a decision before you have become accustomed to your loved one's absence is not advisable. Allow yourself time to grieve so that you can be sure any decision you make is based on what is best for you, rather than on the pain of loss.

Be realistic in your expectations. Please don't put any pressure on yourself to be 100% okay just because you think it is time. Some days will be more difficult than others. One day you may feel great, but the next day, your loss may feel completely raw. Grief is a roller coaster of sorts, so take each day as it comes. Above all, be kind to yourself as you experience these ups and downs.

Allow moments of respite from the grief. Give yourself permission to take a time out. You may feel guilty enjoying yourself or you may feel like you could *never* have a good time, even if you tried. However, take some initial steps to find some enjoyment in your life during the grieving process. For example, go see a lighthearted movie or read something humorous. Permit yourself to laugh. Our bodies and our spirits cannot contain grief 24/7 without beginning to break down, so do what you can to give yourself some time to feel lighthearted.

Express yourself through journaling. A blank notebook or hardcover journal work equally well. You can express your feelings, write about your day, make a gratitude list, doodle, or whatever you like. A journal is for your eyes only. It can be healing to express in writing what's going on in your mind and body. If you'd rather, you can keep an audio or video journal instead. It all depends on how you feel best expressing yourself for the benefit of your well-being.

Find healing in the expressive arts. Listen to, write, or play music; sing; draw, paint, color, or use any medium you like to create works of art; write poetry, an essay, or a short story; and so on. You don't need to be a master of the art to find healing within it.

Make your health a priority. With all the normal grief responses you may be experiencing, your physical health may not be at the forefront of your mind. For this reason, we encourage anyone who has experienced the death of a loved one to get a physical exam within six months. In the meantime, do what you can to care for yourself. Be sure to call your doctor if you are experiencing any symptoms of illness. Remember, your health is important!

Stay nourished and hydrated. Though you may not feel like eating or drinking, be sure to take in enough calories to support your level of activity. Also, stay hydrated by drinking at least a few glasses of water each day. This type of self-care is critical for your well-being.

Get enough rest. You may feel like your battery is going 24/7 and that sleep is the last thing on your mind. Or you might be going to sleep later or waking up earlier. Remember, changes in sleeping habits are a normal grief response. However, try to be sure that you are getting enough sleep and downtime. Take a nap if you feel tired.

Engage in exercise. Physical activity has been shown to increase the natural antidepressants, or “feel-good” chemicals, produced by the body. If you have not been physically active in the recent past, speak to your physician before starting any new exercise routine. You don't have to engage in formal physical exercise to get the benefit. Sometimes a brisk walk around the block can be just what you need.



Common Concerns and Questions

The following questions are common among newly bereaved individuals. While these answers won't necessarily address all the questions on your mind, you may find them a helpful start.

I am feeling very depressed and wonder if I may need medication. Whom do I go to, and what if I cannot afford a doctor's visit?

Please immediately contact your primary physician or go to your local public healthcare center for assistance. You may also need to be seen by a specialist such as a psychiatrist. You may also wish to contact a counselor who can help you process your emotions.

My spouse took care of all our finances. I have never even balanced a checkbook. Who can help me?

Please contact your local banking institution. Often, banks have staff to assist individuals in this type of situation. If your bank does not provide this service, it may be able to refer you to someone who does. Also, if you retain a lawyer or financial advisor, either may be of assistance. Do not forget to ask friends and family for help. They often feel helpless and would like a way to be of assistance—this may be a wonderful way to provide practical support.

Where may I receive bereavement support?

You may receive bereavement support at our bereavement centers. Phone numbers and locations are listed on page 22 of this booklet.

If I live outside Palm Beach or Broward counties, can anyone help me in my home state? Will there be a fee?

Many hospices across the country honor you as a hospice family. They provide support to bereaved families whose loved one has died in a hospice. To determine which hospice is closest to where you will be living, contact Hospice-Link at 800.331.1620 and provide the city and state. You may also visit the National Hospice and Palliative Care Organization website: www.nhpco.org.

What is a bereavement support group and how can I join one?

This is a group of individuals who meet with a counselor, usually weekly, for a period of time. Groups can give you a sense of community and mutual support. In these groups, you can meet others who are experiencing losses and having issues similar to yours. If you are interested in attending a bereavement support group, please contact our bereavement center for more information.



Trustbridge Grief Support Programs

Grief support programs are available to family members and others who enter the journey of healing and transition after the death of their loved ones.

We're here to help you heal. We offer a simple promise: to provide comfort and support for our patients, families, and those with the responsibility of caring for them every day. We know that every experience is different and that every individual is a son, daughter, parent, grandparent, child, spouse, and friend. Our bereavement centers are here to help you embark on a healing journey that celebrates the memories of your loved one and respects your wishes, traditions and heritage. It is our privilege to support you on this healing journey.

If you have any questions about our programs, or if you need further information, please contact us at 561.227.5175, or toll-free at 888.499.8393.

GRIEF SUPPORT GROUPS

Our support groups are designed to help individuals share their grief and have contact with others who have had similar losses. We offer both loss-specific and topical groups.

INDIVIDUAL AND FAMILY COUNSELING

The need for individual counseling is based on a grief assessment. To schedule an assessment, please call our bereavement centers.

SPECIALIZED WORKSHOPS

Workshops offer an interactive opportunity to learn and experience creative approaches to coping with grief in a healthy fashion.

CARING CALLS

Our bereavement staff and volunteers are available to provide supportive contact by telephone after the death of your loved one.

SPECIAL EVENTS

Throughout the year, we hold Celebration of Life events throughout the counties to honor and celebrate the memories of our loved ones.

MESSAGES OF CARING

Hospice families will receive supportive messages, which give information about the grief process and provide suggestions for coping. These letters also serve as a reminder of our ongoing availability to the families.

The Sea Star Program

Our Sea Star Program recognizes the unique needs of children and teens who have lost a loved one. We offer a comprehensive array of grief support services to children and teens throughout our community.

INDIVIDUAL, FAMILY AND GROUP COUNSELING

Our children's bereavement counselors tailor the individual counseling experience to meet each child's grieving needs.

SCHOOL SUPPORT

We offer support groups throughout our community schools—both public and private. These support groups are designed for children and teens who have experienced the death of a loved one.

CAMP GOOD GRIEF

Each spring, children and teens throughout our community who have experienced the loss of a loved one can attend this special overnight camp. Camp Good Grief allows time for adventure, counseling, sharing, support, celebration and fun.

CAMP STINGRAY

Each summer, children ages 5–10, grades K–5, can attend this weeklong day camp. Camp Stingray gives our young griever's the opportunity to participate in fun activities with trained counselors, while learning positive coping skills.

CLUB SEAHORSE

In the fall, a special 1-day program offers bereaved children the interactive experiences of communing with miniature horses, peer support groups and therapeutic art activities.

FAMILY FUN EVENTS

Sometimes families just need to feel that they are not alone in their grief. Our fun events are designed to unite grieving families with others who have had similar losses in venues that promote family togetherness and fun.

COMMUNITY OUTREACH

Our staff provides educational presentations, interventions, and trainings throughout the community. We offer these services to area businesses, schools, agencies and places of worship.

RESOURCES/REFERRALS

Reading and learning about the grief process can be helpful. We provide materials about grief and mourning to our hospice and community families upon request or as part of the counseling support. Referrals to other agencies/services will be made as necessary.

Throughout the year, other special workshops, events and services may be offered.



Our Trustbridge Bereavement Centers

For additional information about our grief support programs, contact our bereavement centers.

Palm Beach County	561.227.5175
Broward County	954.267.3875
Toll-free	888.499.8393

Trustbridge Bereavement Center Locations:

Broward County

Trustbridge Broward County Regional Office
550 W. Cypress Creek Road • Ft. Lauderdale, FL 33309

Palm Beach County (from south to north)

Trustbridge Boca Raton Regional Office
1531 W. Palmetto Park Road • Boca Raton, FL 33486

Trustbridge Boynton Beach Regional Office
1903 S. Congress Avenue • Boynton Beach, FL 33426

John J. Brogan Bereavement Center
300 Northpoint Parkway, Suite 305 • West Palm Beach, FL 33407

Trustbridge Juno Beach Regional Office
801 Donald Ross Road • Juno Beach, FL 33408

Community Resources

Counseling

Al-Anon	
Palm Beach County	561.882.0308
Broward County	954.491.1915
Catholic Charities	
Palm Beach County	561.842.2406
Broward County	954.630.9501
CARP	561.844.6400
(Comprehensive Alcohol Rehabilitation Program)	

Center for Family Services

West Palm Beach Office	561.616.1222
Hanley Center	561.841.1000
Hospice-Link	800.658.8898
(information on counseling through hospices throughout the U.S.)	

Jewish Family Services

Central & North Palm Beach County	561.684.1991
South Palm Beach County	561.369.3800
Broward County	954.370.2140

Mental Health Association

Southeast Florida	954.746.2055
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Financial Aid / Medical Assistance / Social Services

Abuse Hotline	800.96.ABUSE
Crisis Line / Information Services	211
Division of Senior Services	561.355.4746
Elder Helpline	561.684.5885
Medicaid Office	866.762.2237
Medicare Information	800.MEDICARE

Public Health / Social Services

Division of Human Services	561.274.1130
Veterans' Administration	561.422.8262
Social Security Administration	800.772.1213

Funeral Arrangements / Financial Assistance

Death certificates	561.514.5300
Funeral service consumer assistance	800.662.7666
Medical Examiner	561.688.4575

Senior Services / Day Programs

Community Services	561.355.4750
Senior Housing Authority	561.253.6059
Mae Volen Center	561.395.8920
Palm Tran Transportation	561.841.4200

Hospitals

Bethesda Hospital East	561.737.7733
Bethesda Hospital West	561.336.7000
Boca Raton Regional Hospital	561.955.7100
JFK Medical Center – North	561.842.6141
Delray Medical Center	561.498.4440
Lakeside Medical Center	561.996.6571
Good Samaritan Medical Center	561.655.5511
JFK Medical Center – West Palm/Atlantis	561.965.7300
Jupiter Medical Center	561.263.2234
Palm Beach Gardens Medical Center	561.622.1411
Palm West Medical Center	561.798.3300
St. Mary’s Medical Center	561.844.6300
Veterans’ Administration Hospital	561.422.6838
Wellington Regional Medical Center	561.798.8500
West Boca Medical Center	561.488.8000

Psychiatric Hospitals

Pavilion at JFK Medical Center – North	561.881.2671
St. Mary’s Institute of Mental Health	561.840.6040

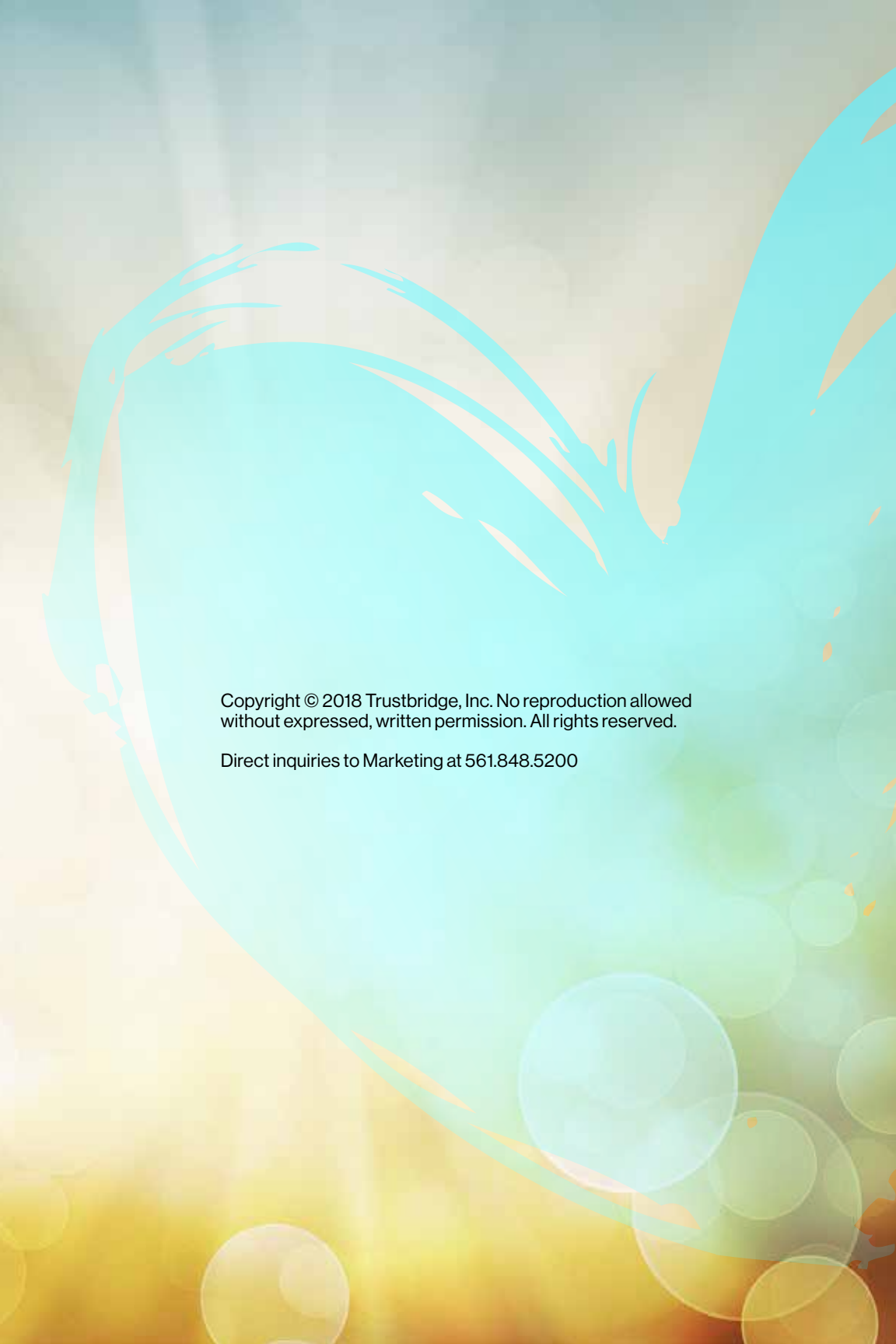


The Trustbridge Bereavement team is here to help. Our bereavement services are offered throughout the communities we serve. For more information about our services and to view a calendar of upcoming bereavement programs and events, please visit www.trustbridge.com/grief-support or call our Trustbridge Bereavement Centers at (888) 499-8393.



SCAN ME





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Direct inquiries to Marketing at 561.848.5200

For 24/7 questions and support
call CareConnection
888.441.4040

For 24/7 New Patient Admissions
call **844.422.3648**



5300 East Avenue • West Palm Beach, FL 33407

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