



Dear Bereaved,

This is the last mailing you will receive for bereavement support. We hope these have been helpful and supportive. While grief doesn't follow the calendar year, most people find that the first year after the death of a loved one is the hardest. This year is full of firsts: first holidays, first birthdays or anniversary without your loved one. As you look back over this past year, you may be surprised by how resilient you are. You have survived this difficult year. We hope that you have also discovered new strengths, resources and a keener appreciation of all who are dear to you.

Also, you may still be experiencing "grief burst" of emotion. These may come when you least expect it. As you continue to adjust to the "new normal," of life without your loved one, there may be times when you wish to talk to one of our counselors. Please remember that our grief support services continue to be available to you. If you wish to talk to one of our grief counselors, join a support group, or attend one of our special events, we want you to know that you are always welcome.

Sincerely,

Margaret Hartsook
Grief Counselor

Nancy Jakobsson
Director of Pathways for Grief and Loss

Amanda Hillman
Grief Counselor

Renee Baker
Grief Counselor

Grief: Where do I go from here? *Reinvesting in Life*

Because you have loved the person who has died, you will, step by step, want to reinvest in life again. Reinvesting in life can be a sharing experience as well as a very individual process.

Some ways of reinvesting in life:

- **Look for new ways of being in the world.**
- **Physical exercise increases your energy and helps you recover from depression.**
- **Write about your feelings and experiences. This will help to externalize your feelings.**
- **Keeping a journal can be helpful.**
- **Educate yourself about the grief process. The more you know, the more you will be able to help yourself.**
- **Find support groups for people with similar losses such as bereaved persons, widow groups, bereaved parents, etc. Sharing experiences helps you feel less alone.**
- **Reach out to help others. Often in helping others, we also help ourselves.**
- **Establish new relationships.**
- **With the death of your loved one, your life has been irrevocably changed. The need to love and be loved continues. You can find ways of beginning to welcome life again.**

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Grief is Like a River

*My grief is like a river—
I have to let it flow
But I myself determine
Just where the banks will go.*

*Some days the current takes me
In waves of guilt and pain,
But there are always quiet pools
Where I can rest again.*

*I crash on rocks of anger—
My faith seems faint indeed,
But there are other swimmers
Who know what I need.*

*Are loving hands to hold me
When the waters are too swift,
And someone kind to listen
When I just seem to drift.*

*Grief's river is a process
Of relinquishing the past.
By swimming in Hope's channels
I'll reach the shore at last.*

Cynthia G. Kelly