



SUGGESTED READINGS

Davidson, Glen W.,

Understanding Mourning: A Guide for Those Who Grieve, Minneapolis:

Augsburg Publishing House, 1984.

Jackson, Edgar N.,

The Many Faces of Grief,

Nashville: Abingdon, 1977.

O'Brien, Mauryeen .,

The New Day Journal : A Journey from Grief To Healing,

ACTA Publications: Chicago , 2000

Yeagley ,Larry.,

Grief Recovery:

Adventist Source,

<http://www.adventsource.org/as20/product.aspx?ID=19448>

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CARING HANDS HOSPICE

sponsors the

“Good Mournings” Grief Support Group meets the second Thursday of each month at Fredericks Family Restaurant, located at 2178 Highway 62/412 in Highland, Arkansas. The group meeting begins at 9:30 a.m.

If you are grieving over a loss, you are welcomed to take part in the group activities. Each person is invited to bring a friend or family member for morale support. There are no fees for attending the group.

For more information call

Paige Hubbard, LSW

at (870) 698-0505

or **Chaplain Steve Summers**

at (870) 710-1508.

<http://www.caringhandshospice.net/>

Brochures underwritten by:



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LOSS & GRIEF -- Grief is the normal and healthy attempt of the whole person to bring life back into focus after a significant loss. A loss that seems small to one person may seem overpowering to another.

A key to adjusting to a loss is sharing your story. Reviewing the relationship you had with the person who died is an important factor of healing. Merely thinking about various aspects of the relationship is insufficient. You need to share your feelings with others. Talking about the impact of your loss with an understanding friend can help to ease the pain of loss.

Family members who suffer a common loss sometimes are not at a point where they can offer support to each other. For this reason, one should seek support outside the family. A minister, a friend, a counselor or others in a support group can be an invaluable source of strength.



GRIEF CAN BE FRIGHTENING IF YOU DON'T KNOW WHAT TO EXPECT -

Fear that you are losing your mind subsides when you learn that temporary loss of memory, poor concentration, emptiness, confusion and anger can all be a part of normal grief. Loneliness, guilt, and hopelessness are also not uncommon reactions.

Friends may try to hurry you through your grief, or they may tell you how you should react. Don't let their good intentions upset you.

Remember, each person's grief is unique and they will process the emotional pain associated with the trauma of loss according to their own timetable. Postponing grief makes your adjustment more difficult. Do not hide your feelings or run from the pain and remember crying is okay!

TAKING CARE OF YOURSELF — It is very important to allow yourself to express your feelings. Often death is a subject that is avoided, ignored or denied. At first it may seem helpful to separate yourself from the pain or ignore your feelings, however you cannot avoid grieving forever. Buried feelings eventually need to be resolved or they may cause physical or emotional illness.

As one authority says, "Coping with death is vital to your mental health and the best thing you can do is allow yourself to grieve." There are many ways to effectively deal with your pain.

Seek Out Caring People — Find a relative, friend or minister who can understand your feelings of loss. Joining a support group with others who have experienced a similar loss can be very beneficial.

Express Your Feelings — Telling others how you feel can be very helpful in your progress through the grieving process.

Take Care of Your Mental Health — Read positive and uplifting literature along with listening to music that will calm and soothe the soul.



