

Bon Secours Hospice Bereavement Services

Summer 2022

You have been on the hearts and minds of the hospice staff as you navigate the loss of a loved one during these challenging times. The death of a loved one is a life-altering experience, especially in the first year after the loss. Bon Secours Hospice is committed to supporting you in your grief and to connecting you with others who have had similar experiences. We are not offering in-person grief programs right now, but here are online bereavement services to consider. To request more information, schedule counseling, or register for either workshop, please email or call using the information below.

Grief Workshops are facilitated by a staff counselor about a specific topic including a small group discussion. These will be held on Zoom for adults whose loved one died within the last 13 months. Register in advance.

What's Normal in Grief?

Tuesday, July 19 (4 - 5:30 pm)

Learn about common grief reactions, helpful coping strategies, and ways to navigate life after loss

Exploring Changes in Family Dynamics

Tuesday, August 16 (4 - 5:30 pm)

Learn about differences in coping styles, changes in roles, and communication strategies following a death in the family

Counseling Appointments by telephone or Zoom can be scheduled for hospice family members including children, teens, adults, and families. Referral information is also available.

Online Adult Grief Support Groups are led by counselors who facilitate discussion about common experiences and emotions after a loss, along with healthy ways to grieve and move forward. These groups will use Zoom to interact.

Support Groups will start in late September 2022

Likely to include Parent Loss Group, Spouse Loss Group, and General Loss Group





Common Grief Reactions

Physical

- fatigue, lack of energy
- sleep difficulties (too much or too little; interrupted sleep)
- hollowness in the stomach, stomachache, other gastrointestinal disturbances
- weight loss or weight gain (with associated appetite changes)
- feelings of emptiness and heaviness
- nervousness, tension, agitation, irritability
- headache
- heart palpitations, trembling, shaking, hot flashes, and other indications of anxiety
- muscle aches and pains
- shortness of breath
- chest pain, pressure, or discomfort

Feelings

- shock, numbness
- loss, emptiness
- loneliness
- loss of pleasure
- anxiety, fear, panic
- sadness, depression
- hurt, frustration
- helplessness, hopelessness
- guilt, regret
- reconciliation, re-establishment
- explosive emotions – anger, hate, resentment, jealousy
- disorganization, confusion
- relief, emancipation

Thoughts

- disbelief, denial
- preoccupation with the deceased
- confusion
- sense of presence
- trouble remembering things
- lack of concentration

Behaviors

- absent-minded behavior
- restlessness, inability to sit still
- crying and sobbing
- visiting places or carrying objects which remind you of the deceased
- treasuring objects belonging to the deceased
- trying to “stay busy”
- experiencing “grief attacks” – sudden, acute upsurges of grief
- avoiding reminders of the deceased
- dreams of the deceased

Social

- low social energy
- social withdrawal
- surrounding yourself with others as a form of distraction
- fearful of being alone
- dependent, clingy behavior
- irritable
- attempts to replace the loss
- moody
- changes in role, status, family system

Spiritual

- searching for meaning
- mystical experiences
- feeling anger at God
- asking the “why” questions
- reassessing values, beliefs, and priorities
- feeling abandoned by God
- exploring new dimensions of faith
- experiencing comfort from God and faith community
- prayer and meditation
- using rituals to help the healing process
- wondering about life after death