

This document is enclosed  
in a Sympathy Card which is sent to  
next of kin of patients  
who die at HDSHRC.



*Our thoughts and prayers are with you  
during your time of bereavement.*

*On behalf of  
Hotel Dieu Shaver Health  
and Rehabilitation Centre*



*Sister Louise Dillon  
Director  
Mission & Pastoral Services*

## SUGGESTIONS TO ASSIST IN COPING WITH GRIEF

### SPIRITUAL

Personal faith is frequently a major source of comfort during bereavement. For some, however, maintaining faith may be difficult during this time of loss. Talk to someone about your feelings---your Minister/Priest or a good friend.

### PSYCHOLOGICAL

There is no set time for grieving. It varies from person to person, depending on individual circumstances. While you may feel pressured to put on a brave front, it is important to make your needs known by expressing your feelings to those you trust.

### SOCIAL

Friends and family are often most available early in bereavement and less so later. It is important to be able to reach out to them when you need them. Don't wait for them to guess your needs. They will often guess incorrectly and too late.

No one can substitute for your loss. Try to enjoy people as they are. Sometimes, in an effort to stop the pain of grief, people turn towards replacing the person who has died. (e.g. adoption of a child, re-marriage), too soon. It is difficult to see new relationships objectively if you are still actively grieving and this kind of solution may only lead to other problems.

Try to make clear to children that sadness is perfectly normal and does not need to be hidden. It is important that periods of happiness are enjoyed and not a cause of guilty feelings.

### PHYSICAL

It is easy to neglect yourself because you don't care much at this time of grief. Try to eat reasonably to maintain your health. If people urge you to see your doctor for support, give it consideration.

### ECONOMIC

Avoid hasty decisions. Try not to make major life decisions within the first year unless absolutely necessary. In general, most people find it best to remain settled in familiar surroundings until they can consider their future calmly. Don't be afraid to seek good advice. Usually it is wise to get more than one opinion before making decisions.