



When Someone You Love Dies: A Personal Journey Through Grief

Grief Reactions

When experiencing a loss, people can experience any number of emotions and reactions to their loss. It is not uncommon to question your grief and whether the feelings you are experiencing are "normal". It is important to remember that your journey through grief is a personal one. Your journey is unique to the loss you have experienced, the role the deceased played in your life, the role you played in the life of the deceased, and your relationship with them.

The following is a list of feelings, emotions and reactions other have experienced. This is not designed to be a checklist, but rather a tool to help you identify and normalize those thoughts and feelings that you may have experienced or that you may be experiencing.

- Disbelief
- Numbness
- Shock
- Anger
- Anxiety
- Avoidance
- Fear
- Yearning
- Forgetfulness
- Guilt
- Loneliness
- Loss of Faith
- Relief
- Restlessness
- Sadness
- Sleep Problems
- Fatigue
- Tightness in Chest or Throat
- Mood Changes

Navigating Grief

Grief is a normal emotional response to the loss of a loved one. As much as one would like to avoid dealing with grief, it is important to acknowledge the death and the feelings associated with it. Acknowledging grief is the process in which you begin to work towards accepting the reality of the loss and adjusting to life without the deceased.

Working through grief can be a long and difficult journey. It is one in which you begin to "move forward" rather than "move on." It is about accepting and reconciling your loss and working to remember and honor your loved one as you adapt to your new "normal."

Everyone Navigates grief in their own way, and there is no right or wrong way. However, you may find these tips to be helpful to you during this time.

- Acknowledge that you are grieving. Reach out to others for help if you need it.
- Take care of yourself. Get some exercise and plenty of rest. Eat healthy and drink plenty of water. Avoid alcohol and smoking.
- Give yourself permission to do what you need to do in order to cope. Allow yourself to cry, smile or laugh.
- Take things one hour and one day at a time. Don't think about the days and weeks ahead. Break your day into manageable moments.



**GOLDSTEIN FAMILY
GRIEF CENTER**

HOC NAVIGATORS SM

Grief Support Services

People often find it is helpful to seek support as they navigate this challenging time. The Bereavement Counselors at The Goldstein Family Grief Center recognize the individual nature of grieving and are prepared to support you on your journey.

The following is a list of services provided:

Individual Grief Counseling

We provide individual and family grief counseling on a short-term basis. These sessions help the bereaved identify feelings and focus on concerns related to the grief process. The services also help link the person with appropriate resources in the community, including long-term counseling if needed.

Grief Support Groups

Grief groups are designed to provide support and education for those who are grieving a loss in their life. There are a variety of grief groups offered throughout the year to allow for individuals to connect and discuss their shared experience. The groups meet once a week for six weeks and consist of presentations and discussions addressing issues such as stress management, feelings, self-esteem and role changes. Please go to HospiceofCincinnati.org for a listing of current groups.

Grief Workshops

Various special interest seminars are offered to address common issues for the bereaved. During the holiday season, a program is offered on coping with the holidays while going through the grief process. These programs explore issues such as the changing of roles and address practical tips such as stress management techniques. Other seminars are held regularly to meet various needs of the bereaved. Please visit HospiceofCincinnati.org for a list of current programs.

Memorial Service

We offer non-denominational memorial services in the fall and spring for families who have participated in the Hospice of Cincinnati program. You will be invited to a service in your area. These services allow the families to remember their loved ones with music and readings.



Fernside, an affiliate of Hospice of Cincinnati, helps children and families after the death of a loved one. Fernside offers a variety of services including support groups, camps, phone consultations and grief literature and materials.

Our children's groups address themes at each meeting including: Telling Your Story, Changes & Rebuilding, Special Days and Memories. These themes guide the discussion and expressive arts that take place in the support groups. Expressive arts allow grieving children to express feelings that might be difficult to talk about.

Our adult groups provide a combination of grief support and psycho-educational information to help parents cope with their own feelings, better understand their grieving children, and work together as a family to integrate the loss into their lives.

For more information about Fernside, call 513-246-9140.

Questions or concerns? Call our bereavement services at 513-891-7700.



Guiding you through advanced
illness and end of life

About HOC Navigators— Our programs include Hospice of Cincinnati, PalliaCare® Cincinnati, Hospital and Clinic-Based Palliative Medicine, Conversations of a Lifetime®, and The Goldstein Family Grief Center. Fernside, a 501(c)(3) organization, is an affiliate of Hospice of Cincinnati. Hospice of Cincinnati is a non-profit hospice sponsored by Bethesda Inc. in a collaborative community partnership with TriHealth and Bon Secours Mercy Health.