

# Grieving: A Time for Reflection

## What does healing look like?

It is different for everyone. As you look for your own milestones, keep these in mind. They have been signs of hope for others who are grieving.

"I pumped my own gas."

"I could talk about him without falling apart."

"I suddenly realized I was actually looking forward to something!"

"I learned how to pay the bills."

"I could concentrate at work."

"I was able to honor her birthday even though I miss her so much."

"I didn't feel guilty about having a good time."

Adjusting over the past months has offered opportunities to change and grow.

Take a moment to reflect on the progress you have made by thinking about the following questions.

## What decisions have you made in the past month?

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## What have you discovered that you're capable of accomplishing?

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## What have you learned?

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## How have you changed?

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## What goals do you have for the months ahead?

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**Suncoast Hospice of Hillsborough offers a variety of grief counseling options including support groups and private counseling. Call (813) 651-7300 for more information.**

# Grieving: Your Healing Journey

## **You have walked through and survived the first year of your loss.**

Grief frequently challenges our sense of timing. The loss may feel like it was long ago, just yesterday or totally accurate to the time. As your healing journey continues, we offer some concluding reminders to support you in the months ahead.

### **Remember to:**

- Continue your healing with patience, kindness and compassion.
- Opt for reasonable and realistic expectations of yourself, realizing that you are the expert on yourself and what you can do from moment to moment – no matter what others think.
- Connect with your spiritual support (nature, art, music, inspiring readings) or faith community.
- Make use of and create personal rituals, especially on special days (e.g. plant a tree or toast your loved one).
- Become comfortable with solitude. You can cope through activities such as walking, working on a hobby, doing a household project or calling a friend.
- Adopt a perspective of openness – openness to new routines, new people and/or new patterns in your daily life.
- Continue with positive, healthy ways to express your emotions (e.g. journaling or sharing your story with a good, caring listener).
- Embrace humor, play and laughter whenever possible.
- Pursue and create a new sense of purpose and meaning through reaching out to others.
- Care for your neighbors, friends, flowers or plants, pets, a child, your home and most importantly ... YOURSELF!

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