

Extreme Self-Care, Grief and Sudden Loss

Amid the COVID19 global crisis, St. Joseph Health Hospice Grief Services would like to offer gentle reminders around common traumatic grief symptoms for all of us touched by these events. Whether you experienced personal loss, are supporting others, or are experiencing the effects of this ongoing crisis, please remember:

We all grieve differently, and ALL grief is valid.

<p>Extreme Self Care</p> <p>Sleep <i>even if just short naps</i></p> <p>Eat <i>light nutritious meals to nourish your body</i></p> <p>Drink Water <i>can include electrolytes</i></p> <p>Breathe <i>extra focus on your exhale</i></p> <p>Notice Gravity <i>feel the ground see that objects still drop</i></p>	<p>Try for Maximum Compassion</p> <p>For Self <i>forgive any “should” thoughts, focus on what can be done in current moment</i></p> <p>For Others <i>may not feel the same as you, may not express grief the same way</i></p> <p>For People wanting to help, but don’t know how</p>	<p>Expect Layers of Shock and Range of Emotions</p> <p>Numbness Anger Sadness Confusion Overwhelm Exhaustion Unfocused Mind</p> <p>Increased sensitivity to stimulus <i>exaggerated startle response</i></p> <p>Unexpected waves of feeling <i>emotions might come as a surprise, might be uncomfortable or foreign</i></p>
<p>Protect your Neurology</p> <p>Patience & protection for your nervous system <i>limit exposure to media and images, stories, noise</i></p> <p>Protect yourself <i>from others’ opinions on this tragedy, limit news intake</i></p> <p>Connect with others <i>identify trusted & emotionally safe people</i></p> <p>Familiarize, look through grief materials at your own pace</p> <p>Healthy distractions are helpful <i>easy movies, television, music, comics, etc.</i></p>	<p>Practices of Comfort</p> <p>Small remembrance space or altar</p> <p>Place for memories <i>journal, thought box</i></p> <p>Dedicate small moments in honor of the loss <i>a workout, a walk, a meal</i></p> <p>Use a weighted blanket or ball on your lap or shoulders</p>	<p>Body Absorbs Impact</p> <p>Daily rhythms, patterns, movements change <i>your body will be adjusting to new routines</i></p> <p>Tired muscles <i>tension eased by gentle stretching, breathing, soothing scents</i></p> <p>Changes in appetite <i>feeling hollow, something is wrong, missing, forgotten</i></p> <p>Tightness, ache, shaking in core <i>chest, throat, stomach</i></p> <p>Scattered thoughts <i>forgetfulness</i></p>

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Our grief services are free of charge. Donations welcomed. Individual, child & family grief support also available.