

Extreme Self-Care, Grief and Sudden Loss

Whether you personally have experienced a loss, you are supporting others or both...remember: We all grieve differently, and ALL grief is valid.

Extreme Self Care

- While chaos is swirling we must try to **drink plenty of water**, **eat** whenever possible, **sleep** even if it's in small naps, **breathe** and focus on the exhale, and **notice gravity**. When the world has been flipped upside down, feel your feet on the ground or physically hold something heavy to ground you to the earth.



Try for Maximum Compassion

- We try to have compassion for others and for those wanting to help but who may not know how to. Most importantly, have **compassion for yourself**. Try to let go of what you should do and focus on what you are able to do in this moment.

Expect shock and a range of emotions

- The emotions we experience might surprise us and feel unexpected. They are all important and normal. Just some of what you might experience may include: numbness, anger, sadness, confusion, overwhelm, unexpected waves of feeling, exhaustion, an unfocused mind, and increased sensitivity to stimulus.

Protect your nervous system

- We can easily become overwhelmed by images, stories, noise, light, color and other stimulus. Offer yourself patience and protection for your nervous system. Protect yourself from others opinions. Connect with others you trust. Look through grief and other resource materials at your own pace. Offer healthy distractions and moments of quiet and darkness when possible.

Practices of comfort

- At these times we must look for moments of comfort in any way. You can create a small altar where you are; create a place for memories through a journal or a thought box; or dedicate small moments in honor of the loss such as during a workout, a walk or a meal.

Body Absorbs the impact

- Our bodies are used to a certain rhythm and routine, patterns and movements. We might just feel like something is wrong, missing or forgotten. The body may also experience tired muscles, changes in appetite and tightness in the chest, throat and stomach.

Hospice of Petaluma
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Memorial Hospice
439 College Avenue
Santa Rosa, CA
(707) 568-1094

North County Hospice
205 East Street
Healdsburg, CA
(707) 431-1135

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