



*Superior*  
HOSPICE

## BEREAVEMENT NEWSLETTER

### **Hello,**

In the months following the death of your loved one, you may have felt misunderstood by strangers or those close to you. It may help you to know that you have certain rights that others cannot take away from you.

Understanding this makes it possible for you to heal from the loss and grief you may be experiencing at this time.

Enclosed in this newsletter you will find "The Mourner's Bill of Rights." We hope this information will empower you to let others

know how you feel, and to continue to understand some of your own emotions and feelings. We have also included a section entitled "Journaling: Write Your Heart Out." This is an exercise to assist you in exploring your thoughts and feelings when you are hesitant to discuss them with others. Writing your thoughts and feelings can be a healing experience that can bring comfort, peace, and clarity to your life.

We encourage you to explore these ideas and use any that you feel might be beneficial to you.

Suppressing grief by keeping silent when you have the need for your loss and grief to be made known can lead to illness. You can contribute to your own health by opening up when you need to do so.

Sincerely,

Brandi Sandoval, LCSW



### **Reach Out To Us!**

We are here to help you through difficult times. If you have any questions or concerns, or if you would like to discuss, please feel free to call our office at any time.

**(801)254-3200**

- Superior Hospice Team



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### THE MOURNER'S BILL OF RIGHTS

**You have the right to experience your own unique grief.**

No one else will grieve in exactly the same way you do. Don't allow others to tell you what you should or should not be feeling.

**You have the right to talk about your grief.**

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.

**You have the right to feel a multitude of emotions.**

Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Know that there is no such thing as a "wrong" emotion. Accept all your feelings and find listeners who will do the same.

**You have the right to be tolerant of your physical and emotional limits.**

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into things you don't feel ready to do.

**You have the right to experience grief "attacks."**

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

**You have the right to make use of ritual.**

The funeral ritual provides you with the support of caring people. More importantly, it supportively sees you off on your painful but necessary grief journey. Later, rituals such as lighting a candle for the person who died, can also be healing touchstones. If others tell you that rituals such as these are silly or unnecessary, don't listen.

**You have the right to embrace your spirituality.**

If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.



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### **You have the right to search for meaning.**

You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. Watch out for the cliched responses some people may give you. Comments like, "It was God's will" or "Think what you have to be thankful for" are not helpful; and you do not have to accept them.

### **You have the right to treasure your memories.**

Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find creative ways to embrace them.

### **You have the right to move toward your grief and heal.**

Reconciling your grief will not happen quickly. Remember grief is a process not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

## **Journaling Prompt: Write Your Heart Out**

### **Options to Include in Your Journal**

- Important events, impressions, and personal feelings.
- Personal counsel, promises, and blessings received and the circumstances surrounding them.
- Deaths, births, marriages, baptisms, and endowments.
- Personal triumphs, failures, and struggles and who you have met.
- Current local, national and world events that impress you or influence your life.
- Impressions, feelings, thoughts that come from your loved one who has passed.

### **Suggestions for Journal Writing**

- Allow yourself to write in the emotion you are feeling, WITHOUT JUDGEMENT.
- Date each entry to remember the moment of insight.
- Set aside a block of time either daily or weekly to write. (*Perhaps a Sunday afternoon*)



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- Don't worry about grammar or spelling.
- Often a phrase or even just a word is adequate to record the experience.
- Thoughts and feelings can be jotted down as they occur without censoring.
- If there are no words, symbols and drawings can also relay messages of relief and comfort, or anger.
- When entries are re-read, no need to edit.
- Treat your journals with great respect.



*"Those we love never truly leave us.  
There are things that death cannot  
touch."  
-Jack Thorne*