

Grieving: Pathway to Healing

1. **Acknowledge the loss.** Be honest with yourself about your grief.
2. **Remember your loved one.** Look through photos. Write a poem or letter of remembrance.
3. **Tell your story.** Talk to someone who cares. Write in a journal. Send a note to a friend.
4. **Attend to spiritual connections.** Nurture yourself by doing things that bring you peace.
5. **Embrace familiar rituals and traditions and be open to creating new ones.** Hold onto what comforts and connects you. Look for new ways to mark special occasions.
6. **Treat yourself kindly and gently.** Be patient with yourself as you face the challenges of each new day.
7. **Embrace simple pleasures.** Watch a sunset. Take a slow walk. Enjoy a healthy meal.
8. **Learn more about living with grief.** Visit EmpathHealth.org or one of Empath Health's Lending Libraries in Clearwater, Palm Harbor or St. Petersburg.
9. **Find a good listener.** Join a Suncoast Hospice support group, reach out to understanding friends or talk with a Suncoast Hospice grief counselor.
10. **Be open to moments of joy and hope.** Do something kind for someone else. Recognize small moments of healing.

Call Suncoast Hospice at (727) 467-7423 for more information.

SuncoastHospice.org