Resources

BOOKS:
- Culinary Grief Therapy: Cooking-for-One Series by Heather Lynn Nickrand
- Transforming Traumatic Grief by Courtney Armstrong M.Ed., LPC

WEBSITES:
- whatsyourgrief.com
- GriefNet.org
- HospiceFoundation.org

PHONE:
- AARP Friendly Voices – Connecting people to people, especially when isolated: 888.281.0145
- Mental Health America: 800.969.6642
- National Suicide Prevention Hotline: 800.273.TALK (8255) (Always available)

Grief during a Crisis

The COVID 19 pandemic has led to a sense of collective grief. We as a society are experiencing a series of losses, from our sense of safety to our social connections to our financial security. We are watching our educational and economic systems destabilize and our healthcare system burdened. Our freedom of movement and our routines are impaired and altered. There are even some who have lost the opportunity to sit vigil at the side of dying loved one.

For you as an individual who has lost a loved one to death, your grief may feel worse right now. Your “reserves” were already low. When a crisis hits and you are already depleted, everything becomes more challenging. Things you could have managed before your loss may feel insurmountable now. Aspects of your grief that you were managing before the stress or crisis suddenly seem seven times as tricky to manage.

You might be grieving the person who was your “other half”, with whom you did everything. Maybe it is the person who handled practicalities and logistics. It could have been the person who made you feel safe. If this is your situation, you’re likely more acutely aware of their absence than ever. With that, your anxiety might be spiking.

You’re annoyed everyone is complaining about stuff your grief has had you coping with for weeks and months. Are your friends suddenly complaining about isolation, overwhelm, and feelings of uncertainty about the future? Does it sound a lot like what you’ve been coping with for a long time? It isn’t that you don’t empathize with your friends. Quite the opposite, in fact. You empathize deeply. It might just feel a little annoying that it took a pandemic for them to gain a better understanding of your pain.

(Cont’d on page 2...)
Journaling Exercise

Most people will experience normal grief as a back-and-forth between loss-oriented and restoration-oriented responses. This natural process helps us find the balance between facing the reality of our loss and learning to re-engage with our life after loss.

Divide a page in your journal into two columns. Label the left side “Loss-Oriented Coping,” and the right side “Restoration-Oriented Coping.” Make a list of how you are coping with your loss and how you are engaging in your life. Record each response in the appropriate column. What can you learn about yourself from this list? How does your body feel when you are experiencing loss? When you are experiencing restoration?

Give yourself permission to experience both modes of coping. It will help you maintain emotional balance, and work through your loss in a healthy and normal manner. Make sure you give yourself time to express your grief, as well as time-out periods where you simply try to live your life. For most of us we do not need to force this process—it just happens naturally.

The Dual Process Model of Grief: Navigating the Spiral written by Heather Stang, MA, C-IAYT

Self-Care during a Crisis

When grieving during a crisis, self-care is more important than ever. According to research, two of the most important strategies for coping with grief include reaching out to/staying connected with trusted others and getting sleep. Let’s begin by talking about sleep. When we experience grief, it’s common to experience newfound insomnia, or to feel exhausted even if you are getting sufficient sleep. Recent studies and literature show that sleep is connected to issues of motivation and cognitive functioning. It’s connected to the processing of stress and emotional challenge.

Sleeplessness during grief is very common. Individuals in grief are often consumed with thoughts of the loss, which interferes with their ability to fall asleep. They may also wake up from dreaming about their loss, as their brain emotionally processes the loss. When grieving individuals don’t get adequately restful sleep on a regular basis, they are going about their lives in a constant state of sleep deprivation. Being sleep-deprived worsens the intensity of many of the symptoms of grief and makes life on the whole more challenging to manage. So, the ability to have some consistent and positive sleep hygiene is important. Follow these tips to improve your sleep:

- **Follow a regular sleep schedule:** a consistent sleep schedule can help you get a more regular amount of sleep on a nightly basis. Go to sleep and wake up at the same time every day, including weekends. Avoid napping during the day, as this will only make it tougher for you to fall asleep at night. If you are absolutely exhausted, limit your nap to 20 to 30 minutes at the most. This short nap length will prevent you from falling into deep sleep, from which it’s quite difficult to wake up from.

(Cont’d from page 1...)

You’re thinking about your loved one. A lot. We don’t just want and miss our loved ones during the good times. Our longing for them, may actually be heightened in bad times. In times of pain, stress, crisis, and indecision, we often think of and want to be close to the person who died. We imagine what they would have said or done. If we can find strength in things, they taught us, this could be helpful and comforting. But that doesn’t change that it can also bring up tough, bittersweet feelings.

You’re imagining that everything would just be better if they were still here. We do this all the time in grief. But we especially do it when the going gets tough. When life is hard, we often think, “if only they were still here, everything would be so much better”. If they were still alive, that would obviously be better. Even if you were trapped at home together. Even if you shared the same boring day-to-day routine. They would be here, so that would mean a whole lot. It is important to remember to be kind to yourself especially during this unprecedented time of unpredictability.

Self-care is more important now than ever.

Reference source: whatyourgrief.com
2020 Summer Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community. Since many people feel alone in their grief, it can be reassuring to talk with others experiencing a similar loss.

We all find ourselves in a new landscape of physical distancing to prevent the spread of COVID-19. As such, it remains a challenge planning bereavement support in advance as it is unknown when as a hospice organization, we will enter into a phase of easing restrictions allowing for in-person meetings. While there are some support meetings being offered by an on-line platform, there are others hopeful to resume in-person meetings in the near future. Either way, please contact the individual or organization listed below with any questions about a support group you are interested in joining and to verify it hasn’t been cancelled.

Online Loss of a Child of Any Age

The death of a child is always unthinkable and untimely. Adjusting to such a loss is ongoing and challenging. Talking with others who are experiencing similar grief, can be very helpful, no matter how the child’s death occurred. Call or email Cindy at cmolthan@iuhealth.org with questions and to register.

Online Spouse Loss: Monthly Group

The death of a long-time partner stirs strong emotions about one’s identity and future. This group provides a safe place to talk about your own experience and learn how others are coping. For more information and to register, contact Pat at pmuyskens@iuhealth.org.

Online Healing Hearts

For children ages six through fourteen Healing Hearts offers the opportunity to process the loss of any special person through talking, stories, crafts and videos. Participants share their stories, ask questions or just listen. Please call or email Pat at pmuyskens@iuhealth.org if a child in your life might be interested.

Online Monthly Bereavement Support Group

IU Health Hospice offers a monthly bereavement group for adults who have lost a spouse, parent, friend, sibling, grandparent or other special person. Join us in exploring different topics around grief, sharing your story, and gaining ideas for coping from others. Contact Cindy to reserve your spot: cmolthan@iuhealth.org.

Other Bereavement Support in Bloomington and Online

GriefShare

A Christian-based grief group. To learn more about GriefShare and to find current groups (in-person and online) in your location, please visit griefshare.org.

Grief in Common- Online Community

Grief in Common is an online community designed to connect those who are grieving based on background and similar experiences. By creating a profile that outlines who you are, who you’ve lost and the circumstances surrounding that loss, the goal is that you will find a connection with someone who understands. To learn more visit www.griefincommon.com.

Mental Health America (MHA): Monroe County

For a listing of resources and support groups please visit MHA’s website at www.mha-monroe.com/support-groups-1. For additional information contact MHA at info@mha-monroe.com or visit www.mha-monroe.com/.
Muncie:
For more information, please contact the Muncie office at 765.747.42.73 or 800.458.2255.

Bereavement Support in Muncie & Online

GriefShare
A Christian-based grief group. To learn more about GriefShare and to find current groups (in-person and online) in your location, please visit griefshare.org.

Starting June 1 - August 31, Commonway Church in Muncie is hosting a 13-week GriefShare program via Zoom on Monday evenings from 6-8 pm. To register, contact facilitator Deb Rolli at 765.744.7920

Grief in Common - Online Community
Grief in Common is an online community designed to connect those who are grieving based on background and similar experiences. By creating a profile that outlines who you are, who you’ve lost and the circumstances surrounding that loss, the goal is that you will find a connection with someone who understands. To learn more visit www.griefincommon.com.

Mental Health America (MHA): North Central Indiana
For a listing of resources and support groups please visit MHA’s website at https://screening.mhanational.org/content/mental-health-america-north-central-indiana or at www.mhanci.org/. For additional information contact MHA at 765.459.0309.

Each New Dawn

I give you this one thought to keep;
I am with you still – I do not sleep.

I am a thousand winds that blow
I am the diamond glints on snow.

I am the sunlight on ripened grain.
I am the gentle autumn’s rain.

When you awaken in the morning’s hush,
I am the swift uplifting rush

Of quiet birds in circled flight.
I am the soft stars that shine at night.

Do not think of me as gone –
I am still with you still – in each new dawn.

~ Adaptation author unknown,  
Original poem by Mary Frye
2020 Summer Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community. Since many people feel alone in their grief, it can be reassuring to talk with others experiencing a similar loss.

**Lafayette:**
For more information and to express interest, please contact Marcy Hintzman, Bereavement Coordinator, at 765.404.5875 or mhintzman@iuhealth.org.

### Online Adult Grief Support Group

This is an online biweekly 1-hour informal grief support group for adults who have experienced the death of a loved one. Facilitated by bereavement coordinator Marcy Hintzman and co-facilitated by Chaplain Erik Lightner. This online group will be limited to no more than 8 people. If there are more than 8 people interested, then another online group will be created. To register and for more information contact Marcy Hintzman at mhintzman@iuhealth.org or at 765.404.5875. Asking interested individuals to register by June 29 by sharing preferred times. Our goal is to schedule group(s) by July 3 for the months of July, August and September.

### Online Understanding Your Grief Group: Summer Session

When someone you love dies, it can be hard to understand your often complex — and painful — thoughts and feelings. During this weekly 90-minute online and structured group, we will utilize *Understanding Your Grief: Ten Essential Touchstones of Finding Hope and Healing Your Heart* by Alan D. Wolfelt, Ph.D. to discuss how to help yourself heal and better understand grief. Participants will receive a copy of Wolfelt’s book and accompanying journal prior to first meeting. Additionally, participants will be asked to read a chapter each week and complete the corresponding journal chapter.

Pre-registration is required, and space is limited. A commitment to attend all 12 sessions is important to receive the most benefit. To register and for more information, contact Marcy Hintzman at 765.404.5875 or at mhintzman@iuhealth.org. Asking interested individuals to register by June 29 by sharing preferred times and mailing address where materials can be sent. Our goal is to then schedule this online group and mail out materials by July 3 and host first group the week of July 13.

### Online Cooking for One Grief Group

One of the most overlooked aspects of grief is cooking and mealtime and even more overlooked is how often individuals are faced with finding the strength to prepare a meal or set a table for one. During this online biweekly 60 to 90-minute grief group our talented hospice volunteers will demonstrate how to cook a particular recipe for one while bereavement coordinator Marcy Hintzman will review grief exercises and healthy grieving techniques.

This group is for grieving adults who have experienced the death of a loved one and will be limited to no more than 8 people. If there are more than 8 people interested, then another online group will be created. To register and for more information contact Marcy Hintzman at mhintzman@iuhealth.org or at 765.404.5875. Asking interested individuals to register by June 29 by sharing preferred times and types of food. Our goal is to schedule group(s) by July 3 for the months of July, August and September.

### Online Music for Your Soul Grief Group

During this online biweekly 1-hour grief group participants will listen to live music played by our talented hospice volunteers while bereavement coordinator Marcy Hintzman guides participants through writing and/or drawing activities pair with each song. This group is for grieving adults who have experienced the death of a loved one and will be limited to no more than 8 people. If there are more than 8 people interested, then another online group will be created. To register and for more information contact Marcy Hintzman at mhintzman@iuhealth.org or at 765.404.5875. Asking interested individuals to register by June 29 by sharing preferred times and songs/types of music. Our goal is to schedule group(s) by July 3 for the months of July, August and September.
IU Health Hospice & IU Health Arnett Hospital Remembrance Celebration

To honor your loved ones and celebrate their life lived. For planning purposes, please RSVP to Marcy Hintzman at mhintzman@iuhealth.org or 765.404.5875 prior to October 19. Invitations will be mailed out in September.

- **Date:** Sunday, October 25, 2020 *(An invitation will be mailed out)*
- **Location and Time:**
  - **Option A** - Redeemer Lutheran Church, 510 Lindberg Rd., West Lafayette
    Meal begins at 1 pm followed by a celebration at 2 pm
  - **Option B** *(if option A isn’t viable)* - Online platform | Celebration will begin at 2:00 pm

Other Bereavement Support in Lafayette & Surrounding Areas

**Mourning and Dancing: Adult Grief Support Group**

- **Date and Time:** First Thursday of the month at 7 pm
- **Location:** Bethany Church, 3305 Longlois Drive, Lafayette

**GriefShare**

A Christian-based grief group. To learn more about GriefShare and to find current groups *(in-person and online)* in your location, please visit griefshare.org.

Spring and Fall Sessions on Wednesday evenings at Faith Church as part of Faith Community Institute in Lafayette. For more information, visit faithlafayette.org/FCI.

**Grief in Common - Online Community**

Grief in Common is an online community designed to connect those who are grieving based on background and similar experiences. By creating a profile that outlines who you are, who you’ve lost and the circumstances surrounding that loss, the goal is that you will find a connection with someone who understands. To learn more visit griefincommon.com.

**Mental Health America (MHA): Wabash Valley Region**

For a listing of resources and support groups please visit MHA’s website at mhay.org/support-groups. For additional information contact MHA at 765.742.1800 or at mha@mhay.org. They are currently offering a variety of group meetings via Zoom.

**Indianapolis:**

For more information, please contact Bonita Stone, Bereavement Coordinator, at 317.962.1797 or bstone2@iuhealth.org.

**Westside Evening Grief Support Group**

You are invited to an on-going informal grief support group for adults who have experienced the death of a loved one. Please call Bonita Stone at 317.962.1797 to register for this group.

- **Date:** First and third Wednesday of each month.
- **Time:** 7 pm
- **Location:** Lakeview Church located at 47 Beachway Drive (near I-465 and West 10th Street), Room #101

**Westside Morning Grief Support Group**

You are invited to an on-going grief support group for older adults who have experienced the death of a loved one. Please call Bonita Stone at 317.962.1797, if you would like to register for this group.

- **Date:** Third Thursday of each month.
- **Time:** 10:30 am
- **Location:** The Bridge At Westside Garden Plaza, 8816 West 10th Street

**Southside Afternoon Grief Support Group**

You are invited to an on-going grief support group for adults who have experienced the death of a loved one. Please call Bonita Stone at 317.962.1797, if you would like to register for this group.

- **Date:** Second Thursday of each month.
- **Time:** 2 pm
- **Location:** Greenwood Public Library, 310 S. Meridian Street, Greenwood
IU Health Hospice Remembrance Celebration

To honor your loved one and celebrate their life lived. Invitations to be mailed in October. After you receive your invitation, please RSVP at 317.962.1797 or bstone2@iuhealth.org by Tuesday, October 27, 2020.

- **Date:** Tuesday, October 27, 2020
- **Time:** A light meal will be served at 6 pm and the service will begin at 7 pm.
- **Location:** North United Methodist Church located on the corner of 38th and Meridian.

Other Bereavement Support in Indy & Surrounding Areas

**Eastside and Northside Grief Support Groups**

Community Home Health is pleased to offer you many bereavement drop-in groups as well as six-week sessions at various locations throughout their service area; we hope you will find the type of support group that best fits your needs and the location that is most appropriate. For more information or bereavement support, call InTouch Bereavement and Grief Services at 317.621.4646 or toll free at 800.404.4852. You can also reach out via e-mail at InTouch@eCommunity.com.

**Adult Grief Groups**

An open-ended adult grief group facilitated by IU Health Chaplain Michael Gilbert. Parking is free and there is no fee for being part of the group. For additional information, please contact Chaplain Michael Gilbert at 317.217.3195 or mgilbert1@iuhealth.org. If you will be attending your first meeting and have trouble finding the right place, you may text Chaplain Gilbert at 317.432.4135. He will be glad to guide you to the right place.

- **Date:** Twice weekly on Thursdays
- **Time:** 4:30 pm – 6:30 pm and 7 pm – 9 pm
- **Location:** IU Health West Medical Center, Cancer Center, 1111 Ronald Reagan Parkway, Building B1600 Avon
- **Directions:** From I-465, go west on 10th Street crossing Raceway Road. Within 1 mile or less, IU Health West Medical Center will be on the right side. Turn right into entrance; turn right again into parking lot in front of the Cancer Center (you will see Cancer Center name over the entrance). Will meet in the waiting area just left of the entrance.
Self-Care during a Crisis

(Continued from page 2.)

- **Avoid self-medicating with alcohol, drugs, or sleeping aids:** While they may help you fall asleep initially, many of these substances actually disrupt the quality of your sleep – and they can lead to dependence and permanent changes in your sleep architecture when over-used. You may ask your doctor about melatonin, which is a natural supplement that can help promote sleep. Even sleeping aids should only be used as a temporary solution. Instead, focus on the behavioral strategies outlined here to improve your sleep to the best extent possible.

- **Keep up a healthy exercise routine:** Exercise gets your endorphins going and helps you feel physically better. It provides a distraction from the pain you are going through, and it also helps you sleep. By physically tiring your body, you will fall asleep more easily by bedtime. Just take care to complete your exercise in the morning or earlier part of the day. That activating energy can wake you up, so you want to avoid doing it too close to bedtime.

- **Eat well:** Just like exercise, what you eat affects your mood and your sleep. While it may be more challenging than ever, do your best to eat healthy foods and avoid overly sugary, junky, or fatty foods. The same foods that don’t make you feel great emotionally or physically also disrupt your sleep. Instead, incorporate more of healthy, sleep-promoting foods into your diet. Also, limit your intake past early evening.

- **Develop a calming bedtime routine:** Creating a bedtime routine is helpful for anyone who wants to fall asleep faster. A routine can increase a sense of control and order. Include relaxing activities in your bedtime routine. These will calm your anxious spirit and nervous system, preparing your body for sleep. Options include:
  - Aromatherapy – try misting your pillow with a lavender essential oil spray
  - Drinking a cup of warm bedtime herbal tea
  - Taking a warm bath
  - Dimming the lights and turning off your electronics
  - Practicing meditation or visualization
  - Performing deep breathing or progressive muscle relaxation exercises in bed
  - Listening to calming music or a white noise machine
  - Reading a boring book

- **Avoid electronics at night:** Electronics like cell phones flood our eyes with strong blue-light. Our brain perceives this as sunlight, and accordingly tries to keep us awake. Beyond the physical reaction, electronics often provide stressors of their own, even though many of us view them as leisure devices. Dramatic TV shows can affect our nervous system and social media notifications may stir emotions. Avoiding electronics in the 60 minutes before you go to bed helps you mentally break away from these distressing reminders, while avoiding confusing your brain about what time of day it is.

- **Try Journaling:** If you wake up during the night, don’t stress. If you can’t fall back asleep after 10 minutes or so, get out of bed and go into another room. This part is key – you don’t want your mind to start viewing your bed as a place where you lie awake and frustrated. In the other room, you might again try one of the relaxing activities from your bedtime routine. You might also take the time to journal. Write about gratitude and memories, calming your mind and giving you something to focus on besides the fact that you can’t sleep. Additionally, you might want to try writing out all the thoughts that are keeping you awake and tell your brain you are putting them to bed in order to help your brain let go and focus on sleeping.

- **Reframe your bedroom:** Take time to consider how your bedroom is helping or hurting your sleep. Are photos and mementos triggering emotions when it’s time for rest? It may be easier for you to cope if you remove reminders of that person from your room – at least temporarily. You may even have shared your bed with the person you’ve lost. If you shared your bed with the person who’s passed on, try sleeping on their side—it may be less painful to see your side empty. You could use a body pillow to help fill the void. You may take this time to redecorate your room—a project with a positive focus. Choose calming, relaxing colors and clear your bedroom of clutter. A calmer environment makes for a calmer mind, more conducive to sleep. Finally, avoid doing anything besides sleep in your bedroom. You want your brain to see your bedroom as a place solely for sleep.
Grief

I had my own notions of grief. I thought it was a sad time that followed the death of someone you love and you had to push through it to get to the other side.

But I’m learning there is no other side, there is no pushing through, but rather, there is absorption, acceptance.

Grief is not something you complete, but rather you endure. Grief is not a task to finish and move on, but an element of yourself, an alteration of your being, a new way of seeing, a new definition of self.

~ Gwen Flowers

Let’s Connect

Social Support: Getting and Staying Connected

Research has shown that social support wards off the effects of stress on depression, anxiety and other health problems. Do you need to be more connected to others? Here are some tips to help you create a plan to make, keep and strengthen connections in your life:

- Make a short list of friends and family members who are supportive and positive. Also include a list of people you feel the need to stay in touch with regularly such as parents, a close friend or adult child who lives far away, or an aging relative who lives alone.

- Make a commitment to yourself to call or email with them on a schedule that’s reasonable for you. Try to reach out to make at least one emotional connection a day. In cases of long distance, consider using web-based ways of keeping in touch, like Zoom, Skype or Facebook.

- Share what’s on your mind honestly and openly. Talk about your concerns in a straightforward way but try to keep it constructive. Try to be direct about what you need – for example a sympathetic ear, help solving a problem, a fresh perspective, new ideas or a good laugh. Don’t hesitate to ask for the kind of help you’d like. Ask what other people think about your situation and show them you value their opinion.

- When you talk, also listen. Ask about someone else’s day or follow up on the topic of a previous conversation. Showing sincere interest in another person’s life builds relationships and listening to other people’s concerns can often shed a new light on your own challenges. Offer help or advice if asked – listen and respond.

- Make social plans for a physically distanced lunch or happy hour at the end of your driveway or cul-de-sac. Looking forward to special activities boosts our spirits, gives us energy and makes us more productive.

You may find that among people you hardly know, one or more can become trusted friends you can rely on—and support—in good times and bad. Even if you feel that you’re so busy you don’t have time to keep up with family and friends you already have, it doesn’t take much time to make new friends. If you’re shy and hesitant about meeting new people, just a few questions can get a conversation going.

Think about neighbors you pass regularly, co-workers, a cousin you’ve lost touch with, or those who volunteer in the same organizations you do.

If you don’t already have people you can talk with regularly about what’s on your mind, it’s worth the effort to build connections for your emotional health. If you find yourself anxious about social interaction, you may want to consider talking to a therapist or counselor to build your confidence in social situations.

(Cont’d on page 10...)
Social Support: Social Media

Social media can be a useful tool for keeping in touch with others and staying up to date on current events and trends. Before setting up an account on a social media site, you should consider what you’d like to achieve by signing up and decide how much information about yourself you would like to share so you can adjust privacy settings accordingly.

Making Sense of Popular Social Networking Sites

- **Facebook.com**: Good for keeping in touch with friends and family, sharing thoughts, videos and photos. You can share with your entire network by posting on your timeline, sending instant messages, or sending private messages.
- **Twitter.com**: Keeping up with news and microblogging (telling how you feel or what you’re doing in 140 characters or less) are Twitter’s main uses.
- **Pinterest.com**: Online bulletin board that allows you to collect images and videos and share them with others, popular among hobbyists.
- **LinkedIn.com**: This is like Facebook for professionals. Use it to share your resume, look for jobs, and establish and communicate with business networks.

When Social Connections Aren’t Cutting It

- If you feel overwhelmed, unable to cope, or that stress is affecting how you function every day, consider connecting with a mental health professional. Whether it’s a social worker, pastoral counselor, marriage and family therapist, psychologist, psychiatrist, or another trained professional, getting connected to a professional is a step to feeling better.
- For a referral to local services, locate the MHA affiliate nearest you by visiting our online Affiliate Finder or calling Mental Health America at 1.800.969.6642.
- In crisis? If you or someone you know is in crisis now, seek help immediately. Call 1.800.273.TALK (8255) to reach a 24-hour crisis center or dial 911 for immediate assistance.

Reference sources: *Sleep and Grief* from Tuck Sleep; *Social Support: Getting and Staying Connected* from MHA (Mental Health America)

---

The Quiet Listeners

Go into woods and tell your story to the trees.  
They are wise standing in their folds of silence among  
White crystals of rock and dying limbs.  
And they have time.  
Time for the swaying of leaves, the floating down the dust.  
They have time for gathering and holding the earth about their feet.  
Do this.  
It is something I have learned.  
How they will bend down to you softly.  
They will bend down to you and listen.

~ By Laura Foley
Along the Way, Summer 2020

A LOOK INSIDE:
- Resources
- Grieving during a Crisis
- Journaling Exercise
- Self-Care during a Crisis
- Local Support Groups & Events
- Let’s Connect – Social Support
- The Quiet Listeners