

Along the Way

IU Health Hospice Bereavement Services Newsletter | Bloomington, Muncie

Winter 2020

Resources

BOOKS:

- [The Grief Bubble: Helping kids explore and understand grief...](#) by Kerry Debay
- [Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief](#) by Joanne Cacciatore, PhD
- [The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss](#) by George A. Bonanno

WEBSITES:

- GriefWatch.com
- whatsyourgrief.com
- grievingchildren.org
- GriefNet.org

PHONE:

- National Suicide Prevention Hotline:
800.273.TALK (8255)
~Always available



You're Not Crazy!

Many bereaved individuals I've worked with feel like they are going crazy. After acknowledging and normalizing their feelings, they often exclaim "I'm not crazy?!"

So, why do so many grieving individuals feel this way? When something is uncomfortable, we can feel like something is "wrong" or something is "wrong" with us. Thus, grief is "bad" because it hurts. We don't like to be in pain and we don't like to see other people in pain. As a society we typically do not view grief as a normal part of life because it is uncomfortable. Society (family, friends, acquaintances and media) talk about relieving the pain, getting out of pain, dreaming of a time when there is no pain because that is more comfortable. Most people approach grief as a problem to be solved, rather than a natural response to loss. It takes hard work and courage to acknowledge the pain and the feelings around that pain. However, many of us don't feel equipped to do this – again a normal response. Grieving does not have to be done alone.

When loved ones with the "best intentions" try to take your pain away, it tends to send a message that it's not OK to talk about your pain. To feel truly comforted, many need to feel heard in their pain. Many need the reality of their loss reflected back to them – not diminished, not diluted. True comfort in grief is in acknowledging the pain, not in trying to make it go away. I encourage you to let your family and friends know what would be most helpful. Remember that your family and friends care about you and are trying to help; they may not know how to support you. Step in their shoes for a moment. Wouldn't you want to know how to better support a loved one in need? Tell your family and friends what is helpful and what isn't. Making a list of needs and checking it when someone offers to help, can direct them to something specific, including tasks revolving around the visitation and service, moral support and assistance with sorting your loved one's possessions, dropping off items for donation, care of pets, watching your home when traveling, assistance with outdoor and indoor chores.

(Cont'd on page 7...)

Visit iuhealth.org/patient-family-support/bereavement or call your local IU Health Hospice Office. See pages 3 – 6 for phone numbers.

Blessing for the Longest Night

All throughout these months as the shadows have lengthened, this blessing has been gathering itself, making ready, preparing for this night.

It has practiced walking in the dark, traveling with its eyes closed, feeling its way by memory by touch by the pull of the moon as it wanes.

So believe me when I tell you this blessing will reach you even if you have not light enough to read it; it will find you even though you cannot see it coming.

You will know the moment of its arriving by your release of the breath you have held so long; a loosening of the clenching in your hands, of the clutch around your heart; a thinning of the darkness that had drawn itself around you.

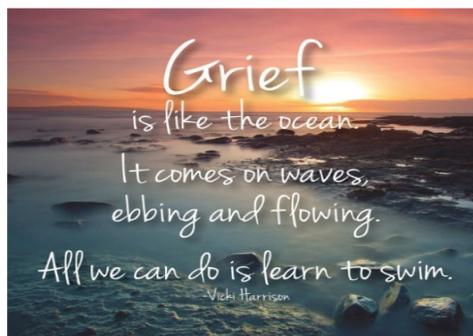
This blessing does not mean to take the night away but it knows its hidden roads, knows the resting spots along the path, knows what it means to travel in the company of a friend.

So when this blessing comes, take its hand. Get up. Set out on the road you cannot see.

This is the night when you can trust that any direction you go, you will be walking toward the dawn.

~Jan L. Richardson, from *The Cure for Sorrow: A Book of Blessings for Times of Grief*

Waves of Grief



As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks.

~Author Unknown

"The quickest way for anyone to reach the sun and the light of day is not to run west, chasing after the setting sun, but to head east, plunging into the darkness until one comes to the sunrise."



~ Gerald Sittser, from *A Grace Disguised: How the Soul Grows through Loss*

2020 Winter 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

Bloomington: For more information, please contact the Bloomington office at 812.353.9818 or 800.206.5200.

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.

- **Dates:** Second Wednesday of each month: January 8, February 12, March 11
- **Time:** 5:30 – 7 pm
- **Location:** Noodles & Company Restaurant, Private Conference Room, 2560 E. Third St., Eastland Plaza, Bloomington

Spouse Loss: Monthly Group

Although many participants appreciate having a meal with others, this gathering also provides the opportunity to talk deeply about the challenges faced in the first years of transition. Contact Pat for more information at pmuyskens@iuhealth.org.

- **Dates:** Third Tuesday of each month: January 21, February 18, March 17
- **Times:** 5:30 – 7 pm
- **Location:** Noodles & Company Restaurant, Private Conference Room, 2560 E. Third St., Eastland Plaza, Bloomington

Healing Hearts

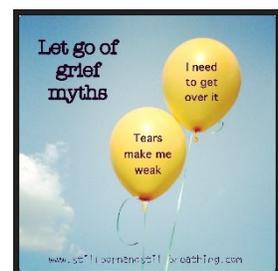
For children ages six through fourteen Healing Hearts offers a safe place to process the loss of any special person through talking, stories, crafts and videos. Participants share their stories, ask questions or just listen. Please call or email Pat at pmuyskens@iuhealth.org if a child in your life might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

- **Date:** Fourth Tuesday of the month: January 28, February 25, March 24
- **Times:** 5 – 6:30 pm (Pizza included!)
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington

Understanding Grief: A Gathering of Support

IU Health Hospice offers "Understanding Grief" as a monthly bereavement group. 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

- **Dates:** First Wednesday of the month: January 8 (due to holiday previous week), February 5, March 4
- **Time:** 4:30 – 6 pm
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington



Spouse Loss: Seven Week Support 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. **Please contact Pat at 812.353.9818 or at pmuyskens@iuhealth.org if interested in signing up. Pre-registration is required for these weekly groups and a commitment to attend all weekly sessions is important to receive the most benefit.**

- **Dates:** Thursdays, January 23 – March 5
- **Times:** 1:30 – 3 pm



Winter Weather Policy

As we approach the winter months, we urge you to use your best judgment about travelling to support groups and events. Our events will be **CANCELED** when the Monroe County Schools Corporation is closed due to harsh weather conditions. If schools are delayed or let out early due to weather, hospice staff will attempt to contact attendees prior to the event, but feel free to call our Bloomington office at 812.353.9818. Closings for Monroe County can be seen at <https://www.mccsc.edu>.

Other Bereavement Support: in Bloomington & Surrounding Areas

Resolve Through Sharing

A support group for those who have had a miscarriage, stillbirth, or infant loss. No registration is required, and refreshments are provided. Call or email Samantha with questions or for more information at 812.353.5482 or ssweatman@iuhealth.org.

- **Dates:** Second Monday of every month
- **Time:** 7:30 – 9 pm
- **Location:** IU Health Bloomington Hospital Chapel, 601 W. Second St., Bloomington, IN

Grief Support Group

In Greene County, sponsored by Greene County Hospital Foundation and The Smithville Foundation, a Grief Support Group is led by Nichole Hawkins who is the Aftercare Representative of Welch & Cornett Funeral Homes. Ms. Hawkins is trained by the Center for Loss & Life Transition in Colorado. Please contact her at 812.847.2986 to express interest in this no-cost group.

Survivors of Suicide

Two meetings per month in Bloomington. To attend the meeting held on the second Monday of each month, email Michelle at mmartincolman@gmail.com with questions.

- **Dates:** Second Monday of every month
- **Time:** 7 – 9 pm
- **Location:** The Venue Art Gallery, 114 S. Grant St., Bloomington, IN

The meeting held on the fourth Sunday of each month is facilitated by Ron Masters, LCSW. No registration is required but calling Ron to confirm attendance and room number is helpful at 812.335.8555 or 812.336.0649.

- **Dates:** Fourth Sunday of the month (expect for holidays)
- **Time:** 12:15 – 2 pm
- **Location:** Monroe County Public Library, 303 E. Kirkwood Ave., Bloomington, IN

Surviving Spouse Loss

New to Lawrence County: a peer-led monthly support group for men and women who have lost spouses and partners. For more information call Judy Fields at 812.278.1903 or Denise Buckingham at 812.275.2694.

- **Dates:** third Fridays, December 20, January 17, February 21 and March 20
- **Time:** 1 – 2:30 pm
- **Location:** Bedford Public Library, 1323 K St., Bedford

GriefShare

A Christian-based grief group. To learn more about GriefShare and to find current groups in your location, please visit griefshare.org or contact the following locations to learn more about their current offerings:

- **Sherwood Oaks Christian Church** in Bloomington - registration is required: 812.334.0206
- **In Morgan County:** Rhea at 317.544.9185 or rheam0813@yahoo.com
- **Solsberry Christian Church** in Greene County: 812.825.5222

Muncie: For more information, please contact the Muncie office at 765.747.4273 or 800.458.2255.

IU Health Hospice, Palliative Care & Birthing Center Memorial Service

To remember and honor loved ones who have died. Invitations will be sent out in early February.

- **Date:** Thursday, March 12, 2020
- **Time:** Service will begin at 7 pm with refreshments following
- **Location:** IU Health Ball Memorial Hospital Outpatient Medical Pavilion, 2525 W. University Ave., Conference Room 1, Muncie



Adult Grief Support Group:

Facilitated by Andrea Duckworth, IU Health Hospice Social Worker. For more information, please call Loose Funeral Home at (765) 649-5255.

- **Dates:** Every Tuesday
- **Times:** 6 – 7:30 pm
- **Location:** Loose Funeral Home, Carriage House, 200 W. 53rd St., Anderson

Pet Loss Grief Support Group:

Facilitated by Andrea Duckworth, IU Health Hospice Social Worker. For more information, please call Loose Funeral Home at 765.649.5255.

- **Dates:** Fourth Thursday of each month
- **Times:** 6 – 7:30 pm
- **Location:** Loose Funeral Home, Carriage House, 200 W. 53rd St., Anderson

Other Bereavement Support in the Muncie Area:

Grief Recovery Support Group

Facilitated by Sandra Hardcastel. For additional information, please call 765.747.8500.

- **Date:** Tuesday's: February 18 – March 24
- **Time:** 1 – 3 pm
- **Location:** High Street United Methodist Church, 219 S. Hight St., Muncie

Hearts of Hope Grief Support Group

For more information, contact group facilitator Deb Saxon at 765.760.4800.

- **Dates:** Fourth Tuesday of each month
- **Time:** 3:30 – 5 pm OR 6:30 – 8 pm
- **Location:** St. Lawrence Catholic Church, St. Agnes Hall, 820 E. Charles St., Muncie

GriefShare

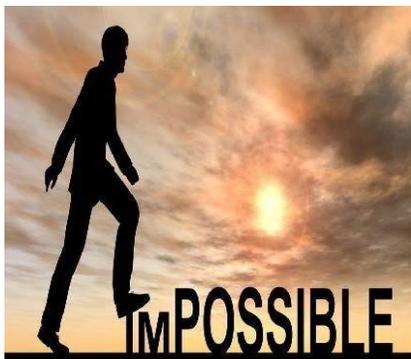
A Christian-based grief group. To learn more about GriefShare and to find current groups in your location, please visit griefshare.org.

Considerations for the New Year

Many people use the start of a new calendar year as a time to reflect on the past and to lay down the groundwork for self-improvement, otherwise known as “Resolutions”. Commonly, these plans and decrees are found meaningless within weeks or even days. The death of a loved one can force us into a time for reflection. We need to learn how to live without that special person; our roles and identities can be shifting. Bereavement can be full of upheaval and confusion and, painful as it all is, this is what actually makes this time in life one that is ripe for growth. In her book [The Courage to Grieve: The Classic Guide to Creative Living, Recovery, and Growth Through Grief](#), Judy Tatelbaum, MSW, encourages setting aside time to contemplate our personal attributes –to name them and write them down. The reader is encouraged to spend time each day reflecting on one attribute and about how that particular characteristic has helped through tough situations in years past and how it can assist us now. We hope the following statements can help you take stock, reflect, and choose some focus for the future.

During the past year:

- I am proud of these accomplishments...
- I have left these things undone...
- I have these regrets...



As I go into a new year:

- I choose to leave behind...
- I hope to accomplish...
- I choose to take with me...
- I will assume responsibility for my own life and growth in these ways...

2020 Winter 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, please contact Marcy Hintzman, Bereavement Coordinator, at 765.838.5784 or mhintzman@iuhealth.org.

Adult Grief Support Group

On-going informal grief support group for adults who have experienced the death of a loved one.

- **Dates:** Every other Tuesday of each month. Jan. 14 & 28; Feb. 11 & 25; March 10 & 24
- **Times:** 11:30 am – 12:30 pm
- **Location:** IU Health Home Care Office, 3900 McCarty Lane, Lafayette, Suite 102, Conference Room #105

Understanding Your Grief Group: Spring Session

When someone you love dies, it can be hard to understand your often complex — and painful — thoughts and feelings. During this closed 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. 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, please contact Marcy Hintzman at 765.838.5784 or at mhintzman@iuhealth.org.**

- **Date:** Tuesday's: April 21 & 28; May 12, 19 & 26; June 2, 9, 16, 23 & 30; July 7 & 14
- **Times:** 3:30 – 5 pm
- **Location:** Faith East Community Center, Community Room 1, 5526 State Road 26 E., Lafayette

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 765.838.5784 prior to April 19.

- **Dates:** Sunday, April 19, 2020 (An invitation will be mailed out)
- **Time:** Meal begins at 1 pm followed by a celebration at 2 pm
- **Location:** Redeemer Lutheran Church, 510 Lindberg Rd., West Lafayette, IN 47906

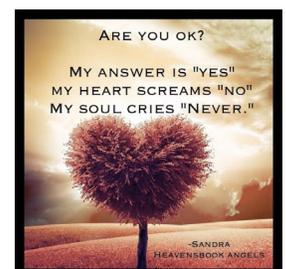


Other Bereavement Support: in Lafayette & Surrounding Areas

Mourning and Dancing

This grief support group is designed to provide insights and coping techniques and each group is focused on a particular area of grief recovery. This group is free to the public and open to all ages. Developed and facilitated by Dr. Sally Downham Miller. **If you would like to attend or have questions, please send email to mourningdancinggroup@gmail.com.**

- **Dates:** First Thursday of each month
- **Time:** 7 pm
- **Location:** Bethany Presbyterian Church, 3305 Longlois Drive, Lafayette



River of Hope: For a Time of Grief

River of Hope is a grief support program for children, teens, and adults who have experienced the death of a significant person. The program provides open peer support groups for people of all ages, (beginning at age 4) free of charge. Childcare is also offered for children under the age of 4. **To register or for more information call 765.607.4770 or email ccinfo@rivercity.info or contact Jeanne Silva at silva@rivercity.info. You can also visit <http://cc.rivercity.info/riverofhope>.**

- **Dates:** Second and fourth Monday of each month
- **Time:** 7 – 8:30 pm
- **Location:** River City Community Center, 2842 Old US 231 S., Lafayette

St. Andrew UMC Suicide Grief Support Group

St. Andrew United Methodist Church offers this ongoing suicide grief group. **For more information, contact Cathi Parish at cathi@andrew-unc.org.**

- **Dates:** Second Tuesday of each month (may not meet in Jan. or Feb. due to questionable weather)
- **Time:** 7 pm
- **Location:** St. Andrew United Methodist Church, 4703 N. 50 W., West Lafayette

Franciscan Hospice Care: Understanding Your Grief

A 10-week course. **For information and to register, please call Ann Pigman at 765.423.6911 or 765.423.6224.**

- **Dates and Times:** Tuesday's from 6 – 7:30 pm OR Friday's from 9:30 – 11 am

Survivors of Suicide Support Group:

A self-help support group for adults who have lost someone they care about through suicide offered by Mental Health America-Wabash Valley Region (MHA). Fall MHA groups are free and open to adults. **For more information, contact MHA at 765.742.1800 or at mha@mhawv.org.**

- **Dates:** Third Monday of each month
- **Time:** 7 – 8:30 pm
- **Location:** MHA Community Building, Conference Room, 914 South Street, Lafayette

St. Andrew UMC Touchstones Grief Group: Spring Session

St. Andrew United Methodist Church is offering a six-week grief support group in the spring free of charge. This group draws heavily on Dr. Alan Wolfelt's book Understanding Your Grief. A commitment to attend all six sessions is important to respect the group dynamic. **For more information, contact Cathi Parish at cathi@andrew-unc.org.**

GriefShare

A Christian-based grief group. To learn more about GriefShare and to find current groups in your location, please visit griefshare.org. Additional, Faith Church is offering the following GriefShare class and individuals can register in early 2020 at <https://faithlafayette.org/fci>.



- **Date:** Wednesday's, February 26 – May 20
- **Time:** 6:30 – 8 pm
- **Location:** Faith Church, 5526 State Rd. 26 East, Lafayette

Senior Support Groups

Grief support led by Theresa Fischer of Hippensteel Funeral Home. **Call 765.742.7302 for information.**

Mental Health America (MHA): Wabash Valley Region

For a listing of resources and support groups please visit MHA's website at www.mhawv.org/support-groups. For additional information contact MHA at 765.742.1800 or at mha@mhawv.org.

Indianapolis: For more information, please contact Bonita Stone, Bereavement Coordinator, at (317) 962-1797 or bstone2@iuhealth.org.

IU Health Hospice Remembrance Celebration

To honor your loved ones and celebrate their life lived. Invitations will be sent out in May. RSVP to bstone2@iuhealth.org or call 317.962.1797 prior to May 19.

- **Date:** Tuesday, May 19, 2020
- **Time:** A light meal will be served at 6 pm and the ceremony will begin at 7 pm
- **Location:** North United Methodist Church, 3808 N. Meridian St. (Corner of Meridian & 38th St.), Indianapolis



Westside Evening Grief Support Group

Open and informal adult support group.

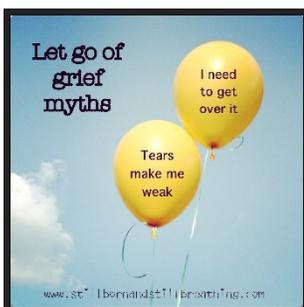
- **Date:** First and third Wednesday of each month
- **Time:** 7 pm
- **Location:** Lakeview Church, Room #101, 47 Beachway Dr. (Near I-465 and West 10th St.), Indianapolis

Westside Morning Grief Support Group

Ongoing support group for older adults. Please register by contacting Bonita at 317.962.1797 or bstone2@iuhealth.org.

- **Date:** Third Thursday of each month
- **Time:** 10:30 am
- **Location:** The Bridge at Westside Garden Plaza, 8816 W. 10th St., Indianapolis

Southside Afternoon Grief Support



Ongoing adult group. Please register by contacting Bonita at 317.962.1797 or bstone2@iuhealth.org.

- **Date:** Second Thursday of each month
- **Time:** 2 pm
- **Location:** Greenwood Public Library, 310 S. Meridian St., Greenwood

Other Bereavement Support: in the Indianapolis Area

Eastside and Northside Grief Support Groups

Community Home Health is offering many bereavement drop-in groups and six-week sessions at various locations. 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 e-mail InTouch@eCommunity.com.

IU Health Methodist Hospital Adult Grief Groups

Facilitated by Chaplain Michael Gilbert; Open-ended, no registration required. 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 meeting, you may text Chaplain Gilbert at 317.432.4135. If attending a group, meet in the waiting area just left of the entrance.

- **Date:** Held twice weekly on Thursdays
- **Time:** 4:30 – 6:30 pm and 7 – 9 pm
- **Location:** IU Health West Medical Center, Cancer Center, 1111 Ronald Reagan Parkway, Building B1600, Avon

Compassionate Friends

Grief support for the death of a child (any age) led by Jodi Barnett. For more information, visit www.compassionatefriends.org or call Epworth United Methodist Church at 317.251.1481.

- **Dates:** Third Thursday of each month
- **Time:** 7 pm
- **Location:** Epworth United Methodist Church, Room 202 (School Field Room), 6450 Allisonville Rd., Indianapolis

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You're Not Crazy!, continued from page 1

I want to leave you with a few things to remember. Grief isn't an illness to be cured or a problem to be solved. It's an experience to be carried. "Grief is as individual as love: every life, every path, is unique. You can't make grief tidy or predictable. There is no pattern, and no linear progression. To do grief well depends solely on individual experience. It means listening to your own reality. It means acknowledging pain and love and loss. It means allowing the truth of these things the space to exist without any artificial tethers or (grief) stages or requirements." (Devine, pg. 31)

Understanding how our culture influences the grieving process can help you feel more normal, and less crazy. It can also help you as you search for professional and personal support in your grief journey – identifying those who don't necessarily adhere to the cultural narrative of grieving. "The work here is to find – and receive – support and comfort that helps you live with your reality. Companionship, not correction, is the way forward." (Devine, pg. 24)

Written by: Marcy Hintzman, MS, CRC | Reference source: [It's OK that you're NOT OK](#) by Megan Devine

Practicing Mindfulness



Mindfulness is a process of purposefully bringing one's attention to experiences occurring in the present moment without judgment which is easier said than done. However, practicing mindful breathing, a form of meditation, can help us with this process. When grieving individuals practice mindful breathing, they tend to be calmer, more clearheaded and relaxed. Grieving drains physical as well as emotional energy and taking a few minutes each day to practice mindful breathing can help lift some of your heaviness. Follow the steps below to get started.

Meet Your Breath Practice: Practice this to increase mindful self-awareness.

- First relax the body, notice weight, shape, sensations, maybe close your eyes.
- Just notice that you are breathing. Just breathing. For now, that is enough and just right. No need to control.
- How does it feel to breathe? Notice the smells that travel through your nostrils. How does your nose feel as it expands and releases?
- Now begin to notice the temperature of your breath. Is there a difference between the temperature between your inhale and exhale?
- Now notice the texture of your breath, does it feel choppy, smooth, soft, or strained?
- Now notice the depth of your breath, do you breathe down to your belly, to your heart, to your throat? Is your breath quick and shallow, or long and deep?
- Take a 3 to 6 more mindful breaths. Be curious about how you are breathing as a barometer of your emotional and physical health.

1-2-3 Breathing: Practice this to increase energy. You can put one hand on your heart and the other on your belly if you like and breathe 3 to 6 times, if you feel dizzy or uncomfortable stop and breathe normally.

- Breathe through the nose.
- Let the breath fill your chest.
- Let your belly fill up and expand, then exhale in reverse 3-2-1 let your belly relax. Let the air escape your chest and finally open your mouth and let out a full slow exhale.

Square Breathing: Practice this to calm, balance and focus.

Equal ratio breathing allows balance and focus.

- Inhale for 4 counts, pause for 4 counts.
- Exhale for 4 counts and pause for 4 counts.
- Repeat 3 to 6 times.

Alternate Nostril Breathing: Practice this to increase mental focus.

Alternate nostril breathing helps with mental sharpness by balancing both sides of the brain.

- Close right nostril, breath in and out of left nostril.
- Close left nostril, breath in and out of right nostril.
- Repeat 3 to 6 times.
- Take a full breath in, exhale and relax.

~ Written by: Marcy Hintzman, MS, CRC and Lisa S. Banu, PhD, RYT-200 (Yoga Instructor), Hospice Volunteer



Indiana University Health

IU Health Hospice Bereavement Service

Along the Way, Winter 2020

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