

“Look for something positive in each day. Even if some days you have to look a little harder” – Unknown



Dear friends and family,

Coping with the loss of a loved one may be one of the hardest challenges that many of us face. When we lose a spouse, sibling, or parent, our grief can be particularly intense. Loss is a natural part of life, but we can still be overcome by shock and confusion. The sadness typically diminishes as time passes, and grieving is important for overcoming these intense feelings.

Everyone reacts differently to death. There is no “normal” time period for someone to grieve. If your relationship with the deceased was difficult, this adds another dimension to the grieving process. It may take some time before you are able to look back on the relationship and adjust to the loss.

Human beings are naturally resilient, but some people may struggle with grief for longer periods of time. If you need help, our ANX Bereavement Team is here to support your healing.

Sincerely,

Lucille Faciane RN
ANX Director of Hospice Care

6 Ways to Manage Grief

1. *Learn to acknowledge your pain*
2. *Accept that grief will come and go at any point*
3. *Understand that your grieving process is unique to you*
4. *Seek out support from the people who care about you*
5. *Support yourself by staying physically healthy*
6. *Know the difference between grief and depression*



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Mailbox

Our greatest reward is the heartfelt appreciation from our patients and clients. Here are just a few.

“Thank you for all your help, Daniel, you are always very kind and helpful” Nan C.

“Thank you for taking such great care of our Mom. It was very comforting to have you there and to answer our questions and for taking our calls – whenever we needed! Thank you!!”

- Karen V. & Diane V.

Both ANX Home Health and Hospice did an excellent job for our family. Thank you Father Abraham for walking with our family, especially at our most tragic time.

-Virginia and Ruví C.

NextSteps

Processing Grief in Bargaining

By Abraham Alonzo, STL, MTS - ANX Spiritual Counselor



The stage of bargaining may be the most precarious moment among the different stages of grief. This is because the stage of bargaining may feel like a dead end or hanging in a balance and not knowing what to do. One danger is to fall into depression, be stuck in the “should have/would have moment” or fall back into anger or guilt.

Just recently, a grieving widow of one of our hospice patients invited me over for lunch. We had a long conversation, and she recalled how wonderful the hospice services were. But along the way, she shared what seems to be an unresolved issue with the Patient Advocate at the hospital her husband was last confined.

Clearly this was her bargaining moment of her grief as she said: “That should not have happened if...” As her Spiritual Counselor, listening was essential in allowing her to articulate more deeply, and I simply asked questions to help her find her path to meaning and purpose in her time of grief. Listening with intention helped her move towards acceptance of the death of her spouse.

As she wiped her tears away, I commended her for grieving well. Our meeting ended with her saying: “THANK YOU for walking with my family at our most tragic moment.” [AA]

The Many Benefits of Mindfulness

By Daniel Francisco

Mindfulness is the mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings and thoughts. Mindfulness dates all the way back to the early teachings of Buddha and meditation.

For people who don't practice mindfulness, your mind is running on the "default network." The default network includes regions of the medial prefrontal cortex, along with memory regions such as the hippocampus. It's referred to as the default because it activates when a person doesn't have anything to think about; however, when this is active it becomes a challenge to focus on what is in front of you.

Recent studies suggest the possibility of mindfulness having a positive effect on your brain processes; more specifically your amygdala. The amygdala is responsible for the perception of emotions such as anger, fear, and sadness, as well as controlling aggression. The amygdala helps to store memories of events and emotions.

Researchers speculate that mindfulness-based training offers lasting effects on the way problems are perceived and dealt with, resulting in more balanced emotional responses. Not only are there measurable changes in the response of the amygdala to stimuli, but people report a significant and lasting decrease in their depression.

The practice of mindfulness meditation can help you work through your grief, cultivate a healthy mind, and increase your well-being. [DF]



QuickTips

Thinking Positively

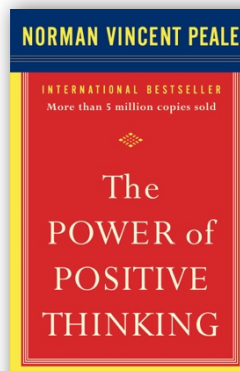
Want to learn to become a more positive thinker? Here are some tips to get started:

- Avoid negative self-talk
- Remain open to laughter and humor
- Cultivate optimism through repeated practice and repetition
- Keep trying! Even if you fail
- Surround yourself with positive individuals

RECOMMENDED READING

The Power of Positive Thinking

By Dr. Norman Vincent Peale



Does it feel like life has been knocking you down lately? Do you feel as if nothing good or positive has entered your life? With Dr. Norman

Vincent Peale and his book, ***The Power of Positive Thinking***, all of that can change. This self-help book will help you navigate the difficulties that life throws at you by teaching you to see life in a different light. Positive thinking can change your outlook on life in even the grimmest of situations.

WE MAKE A
LIVING BY
WHAT WE GET

BUT WE MAKE A

LIFE GIVE
BY WHAT WE

- Winston Churchill



COMMUNITY RESOURCES

Need additional help? Here are services and resources to tap:

- **Eldercare Locator:**
Services for seniors and families | eldercare.acl.gov
- **Private Caregivers:**
Care America
caream.us
- **Transportation Services:**
Eleos Mobility Service
<https://www.eleosmobility.com/>
- **Meal Services:**
Meals on Wheels
mealsonwheelsamerica.org
- **Financial & Legal Services:**
Creative Planning
creativeplanning.com

VOLUNTEER OPPORTUNITIES

Volunteering for hospice care provides a unique setting to learn life's greatest lessons, gain the wisdom and skills to manage challenging situations, and embrace the transformational journey of death and dying. In serving a purpose bigger than ourselves, we find the true meaning of humility and compassion.

- Patient support
- Respite support for family members
- Child care assistance
- Bereavement support
- Special skills and interests

Call us at **650.991.1106** to learn more.

CONTACT US

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