

A SEASON OF CHANGE

SEVA HOSPICE BEREAVEMENT NEWSLETTER

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HEAL Model for Managing Grief and Loss

The HEAL model helps people cope with grief and loss. The elements of the HEAL model are interchangeable and don't happen in any order. It is common for people to go back and forth through many aspects of the grief and loss process before getting to a place of peace and acceptance. Both those who are grieving and those who are helping can use this model.

H = Honor the loss An important part of healing is to honor the memory of the person or experience. Honor the loss by participating in rituals, ceremonies, or other events, rather than avoiding memories. Give yourself time to process — write in a journal, share stories, look at pictures, and reflect on memories.

E = Express emotion There are no wrong emotions. Being angry is a common emotion that many people experience in grief. In the case of the loss of a loved one, it is not uncommon for people to feel angry towards that person, and then feel guilty for being angry. This is normal, and it is ok to express these feelings.

A = Acknowledge obstacles Acknowledge the obstacles that are slowing down the healing process. Most people tell themselves things that prevent them from really accepting the loss. Acknowledging those obstacles can remove them and help with healing. Common obstacles that get in the way of acknowledging (and accepting) the loss include: • Avoiding or denying the loss. • Wishing things were different than they are. • Wondering what could have caused a different outcome.

L = Live Some days following a loss, all someone can do is make it through the day. Over time, as the healing process continues, it becomes important to focus on life and active living, rather than just surviving or existing. Focus on living by engaging, learning, participating, doing, and feeling. Read more [here](#).

CONTENT

HEAL model for Coping with Grief

Spiritual Corner with Chaplain Muneer

Journaling Grief

There is an appointed time for everything. And there is a time for every matter under heaven—
A time to give birth and a time to die;

A time to plant and a time to uproot what is planted.

A time to kill and a time to heal;
A time to tear down and a time to build up.

A time to weep and a time to laugh;

A time to mourn and a time to dance.

A time to throw stones and a time to gather stones;

A time to embrace and a time to shun embracing.

A time to search and a time to give up as lost;

A time to keep and a time to throw away.

A time to tear apart and a time to sew together;

A time to be silent and a time to speak.

A time to love and a time to hate;
A time for war and a time for peace.

Ecclesiastes 3:1-8

Spiritual Corner

A winter message from Chaplain Muneer

Unraveling the "New" in "New Year"

The adjective "new" that modifies the noun "year" has not infrequently been the cause of bewilderment for me. What exactly is "new" about the "new year?" Anyone who has given serious thought to the question would not deny that it is in fact a new year in contrast to the previous year. After all, few people would deny that 2021 is no more. Therefore, what is obviously "new" in no uncertain terms is simply just that, namely, a new year has dawned upon us.

However, seldom is the New Year thought of in such simple terms. In a very general sense, the universal conception of the New Year that is familiar to most people involves the belief in opportunities for "new beginnings" and "new hopes" and "new dreams" and "new jobs." This is almost held as an a priori belief among people from all walks of life. The question I want to pose is this: Is the widely popularized notion of the New Year comprehensive enough to account for the complexities of our individual and collective lives, not least the multifaceted pains we experience when losing one who is dear to us? Put another way: Does the widely popularized notion of the New Year correspond to reality? The truth is that the New Year not only comes with opportunity for new hopes and fresh starts, but it may also come with countless possibilities for new pain and fresh wounds.

It would be true to say that for many of us, especially those of us still grieving a loss, that the adjective "new" is not inextricably bound to realities that are completely devoid of pain and suffering, but rather new things may equally entail both joyful and painful realities. For those acquainted with grief the renown, commercialized, and even superficial concept of the New Year might be more accurately rendered "another year of unknown joys and unknown griefs." It is not as though an immaterial cosmic switch goes off at the completion of 2021 and voila! All the pain of this past year mysteriously dissipates into some invisible realm. Are we to believe that the desperate attempts to hold on to a clear image of her, the fear that all memory of dad would one day be gone, the experience of life now as one never-ending jolt of anxiety in your gut as though you were constantly on the edge of a one thousand foot high rise, will magically dissipate because the midnight bell has resounded? To some, this may sound like a breath of fresh air, to others not so much. For those who know grief it is precisely the mixture of pain, joy, laughter and sorrow bound up in the reality of the memories we have of our loved ones that renders such fantasies about the New Year so unbearable.

We at Seva Hospice stand with all those who share in this matrix of life's pains, joys, griefs, and sorrows. It is our hope at Seva to join every one of you by entering into 2022 with new hopes, new dreams, new goals, while simultaneously embracing our sorrows and pains, remembering that though they cut deep they also anchor us into a reality that is more complex than the popularized conception of the New Year can account for.

The Seva team is eager to enter into this New Year with you, embracing both the countless joys and countless pains that make us who we are and are able to bring us together. Happy New Year 2022

Seva Hospice currently has an ongoing support group every Thursday evening from 6 pm to 7 pm. You call in by phone or be present virtually on your computer.

Please contact Derek Cheatham to be added to the support group (209)-846-9488 or email Derek at dcheatham@sevahospice.com.

Journaling Grief

Many people enjoy writing or (in this day and age) typing to get your thoughts out. When you are grieving your mind may be in a fog, making it difficult to think or process the many emotions running through your body and mind at any given moment. Journaling or even recording your thoughts is a wonderful way to express those emotions and helps you to remember those special moments that you would like to preserve forever. There are many ways to start a journal or recording. You can free write, writing and processing your thoughts at that moment, you can write to your departed loved one or you can use prompts to help you get started.

Here are a few prompts that may help you if you would like to try:

- I remember when you and I....
- This is what I have to say to you....
- The first time I did _____ without you I....
- My happiest memory of you is...
- The greatest lesson I have learned is...
- What I miss most about you is....
- How I am feeling today....

Resource Highlight

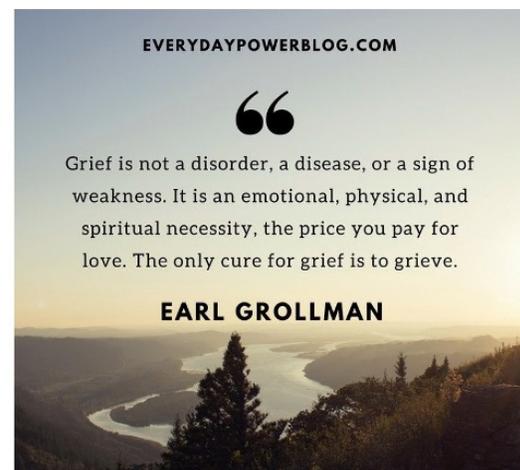
Find out more about Grief Support [here](#).

Children and Grief

Visit [Jessica's House](#) website or call Jessica's House at (209)250-5395.

Contact us for more support

Please call our Bereavement Coordinator Rita at (209) 846-9488 or email at rvasquez@sevahospice.com.



EVERYDAYPOWERBLOG.COM

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Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.

EARL GROLLMAN

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