

Coping with the Death of Your Loved One

A Guide for Family and Friends

We understand how difficult this time is for you. It is our hope that this information will help you understand that your responses to your loved one's death are normal. We are here to help you.

What feelings may I experience?

You may feel like the things around you are not real. You also may feel numb or empty. Some persons feel guilty about things they did or didn't do for the person who died. You may have trouble focusing or making decisions. You may want to be alone.

What physical symptoms might I have?

At first, you may have difficulty breathing, become nauseated, feel confused, or feel extremely drained of energy. You may not be able to stop crying. For a period of time after this, you may have trouble sleeping, eating, or working.

How long will these symptoms last?

Your symptoms will decrease with time as you adjust to your loss but there is no set time when they will completely go away. They will come and go at different times in your life but will become less intense.

Who can I talk to about my feelings?

It is good to talk about your loss and how you feel with family, friends, your pastor, or a counselor.

Is there a program available to help me during this grieving process?

Yes. OSF Hospice has a program that will help you understand your feelings of grief for the next 13 months. The program is free of charge and you can tell your hospital doctor, nurse or social worker that you would like to be enrolled in this program. To enroll in, or learn more about Grief Counseling & Support, call (800) 673-5288.

For more information, visit
osfsupportivecare.org



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