

Your Grief Journey

We're sorry for your loss.

Grief is a normal, universal reaction to loss. You've suffered one – and no one else can grieve that loss for you. But Samaritan can stand with you so you don't have to go through it alone.

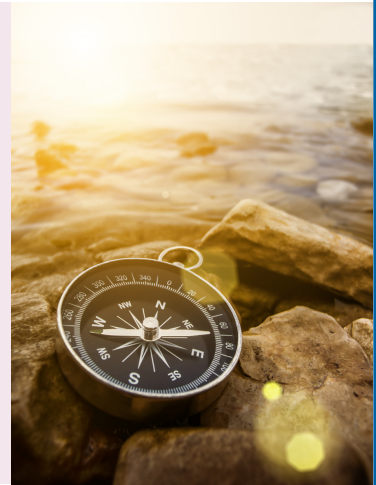
We're here to help you know what to expect from the grieving process. And to share what you have the right to ask for, and receive, from those who care about you.

Please know we'll keep in touch throughout the year to check on how you're doing, share helpful resources, and offer support as you need it.



Keep in mind

- Grief is a perfectly normal and absolutely necessary response to a loss of any kind.
- Almost anything you feel in the early stages of grief is okay. Maybe you'll feel like you're going crazy, or that you're in a bad dream. Maybe you'll feel physically ill, angry, or guilty. Maybe you feel like your heart is shattered or you're so numb you feel nothing at all.
- Your current loss can bring up memories and feelings related to previous losses. This is common and expected.
- There's no right way or wrong way – just YOUR way – to grieve. There's no one timetable either. Be kind to yourself as you go through this difficult process – whether it takes 10 months or five years – and allow yourself to move forward at your own comfort level.



Helpful Hints



- Your breathing may be affected by grief. Several times a day, just take a slow, deep, healing breath.
- Reading books on grief and the grieving process may help reassure and support you. We've included a list of suggestions in this packet and listed them on our website for easier sharing with family members.
- Regular eating and exercising may help relieve some of your stress related to grieving.
- Drink plenty of water to keep yourself hydrated. You'll feel better and think more clearly.
- Take care of yourself at this fragile time, and allow others to nurture you too. Remember, they're not mind readers; so share what support you'd welcome as you need it.
- Maintain a routine schedule, but try to avoid making life-changing decisions until you're sure you're thinking clearly.
- Remember that people who care about you don't always know the right thing to say – or the right way to say it. They may offer you well-intentioned but unhelpful advice that can be overwhelming. You have the right to find your own path.

*This is your personal
grief journey.*

Please contact us if you or a family member are interested in counseling or a grief support group.
(856) 596-8550 | SamaritanNJ.org.