

Is What I'm Feeling Normal?

Experiencing a wide range of emotions is normal when you or someone you love is facing end of life. Most people understand the need to alleviate pain and physical discomfort, however, emotional and spiritual comfort are often overlooked and are also important to address. Listed below are some of the emotions you may experience throughout this journey.

PATIENT

- **Anxiety or Uneasiness**-regarding what is to come, what to expect through end of life, and concerns about family/friends.
- **Anger**-yelling, sarcasm and hostility related to the illness or the lack of control and frustration regarding the overall situation.
- **Guilt**-due to dependence on others for care, worries of becoming a burden to others, or regrets for the past, present or future.
- **Embarrassment**-related to losing independence and having to rely on others, changes in physical abilities/appearance.
- **Sadness**-regarding inability to maintain a normal routine, feeling isolated and alone or upset regarding leaving loved ones behind. *Sadness does not always mean you are depressed.*

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief, of deep contrition and of unspeakable love."
—Washington Irving

CAREGIVER

- **Grief**-Grieving a loved one can begin before death occurs. You may feel a wide range of emotions regarding your loved one's illness and impending death. Some days you may feel you can cope well with the situation while other days you may feel overpowered by emotions.
- **Guilt and Regret**-Regret and guilt are natural emotions. You may feel you should have spent more meaningful time with your loved one when he/she was healthy. Feelings of guilt can arise when you are doing activities you can no longer do together. You may hope for the journey to be over soon.
- **Anger**-Anger is a natural emotion to protect yourself from what you consider a wrongdoing. You are going through a journey in which you anticipate loss and feel it is unfair.
- **Overwhelmed**-At times you may find it difficult to stay focused on everyday tasks. There may be days you do not know where to start or how you will get everything done.

"Grief is like living two lives. One is where you pretend everything is alright and the other is where your heart silently screams in pain."
—Author Unknown

WHAT CAN YOU DO

- Acknowledge feelings and emotions and understand they are normal.
- **Unity is here for you.** Remember you do not have to do this alone. Discuss your feelings and emotions with your Unity care team who will assist in working through them.
- Accept help when it is offered.

Call Unity 24/7 at **920.338.1111** or **800.990.9249**

If there is no answer and the phone continues to ring, call **920-490-7418**.