

# A Time to Heal

NEWSLETTER SERIES

**MISSION:**  
A community where no one grieves alone.

**STAY IN TOUCH**

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Grief and Education Center



A caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital

*We hope you find this newsletter helpful and supportive. If you no longer wish to receive grief mailings from Unity, please contact our office to be removed from the list.*

**VOLUME TWO – Caring for Yourself as You Grieve**

**A Time to Heal**  
NEWSLETTER SERIES



Grief and Education Center

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WWW.UNITYHOSPICE.ORG

Grief is the natural and normal response to death and a journey you do not need to take alone. Because everyone grieves differently, Unity offers services designed to meet your unique needs. Unity Grief and Education Center supports families and friends of Unity patients, as well as all members of the community. **Registration is required. To register or for more information on upcoming dates, please visit [www.unityhospice.org/grief-support/](http://www.unityhospice.org/grief-support/), call 920-339-6700 or 800-990-9249 or email [griefcenter@unityhospice.org](mailto:griefcenter@unityhospice.org).**

**Navigating Grief** – A support group held for six consecutive afternoons or evenings throughout Northeastern Wisconsin or virtually via Zoom. Group topics include common reactions to grief, memories, coping and adjusting to new roles, self-care, traditions and finding hope.

**Generations: Hope for Grieving Families** – A group designed to provide support to grieving families. Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Held the second and fourth Thursday evenings of the month in the Green Bay area.

**Virtual Grief Connect** – A twice-a-month group for adults who have experienced a death. It is recommended, although not mandatory, that participants first attend Navigating Grief. Virtual Grief Connect provides a safe place for those who are grieving to gain tools and insights into the grief process. Held on Zoom the first and third Thursday evenings of the month.

**Healing Thru the Arts** – A hands-on creative workshop for adults who have experienced a death. Led by a Grief Counselor at Unity Grief and Education Center, the workshop will guide participants to process and incorporate memories and their loved one's death. Groups are held for six consecutive November and December Tuesday afternoons or evenings either virtually or in person at Unity Grief and Education Center. Meetings will include topics such as grief around the holidays, traditions, self-care and finding hope.

**WE ARE GRATEFUL**  
Donations to Unity Grief and Education Center make grief support programming available at no charge. To donate in support of those grieving, call 920-338-1111 or visit [www.unityhospice.org/donate/](http://www.unityhospice.org/donate/)



# Caring for yourself *as you grieve*

The uncertainty of grief can be difficult to bear. There is a temptation to set timetables and expectations for the grieving process. Grief is a unique experience for each individual, and there is no concrete path or instant relief. In other words, grief will take as long as it takes and the only way through it, is through it.

People often ask, "How long will I feel like this?" Some people say it seems to get harder before it gets better. Many people find that healing comes in small steps. They have a few good hours or days strung together only to hit a hard patch again. It may feel like you take two steps forward only to take one step back. Remember, this is normal and does not mean that you are going back to the beginning. Ups and downs are expected when you are grieving. Acknowledge pain and sadness when you feel it and enjoy the moment when you can.

## HELPING YOURSELF HEAL

Grief is exhausting – mentally, physically and emotionally. Energy can be replenished by spending time alone or with others. Most importantly, be gentle with yourself and do what feels helpful to you. The following are suggestions to care for your mind, body, and spirit:

### CARE FOR YOUR MIND

- Sometimes you can only handle a minute at a time and sometimes you can take it day by day. Be gentle and set small, realistic goals. What is realistic now may be different from a year ago or what will be realistic a year from now.
  - Have things to look forward to, even if they are little things such as lunch with a friend, a movie night, starting a new book or a weekend away. This can help you get through the immediate future. Don't be surprised if your enjoyment of these things isn't the same as it was previously. This is normal.
    - Listen to music or guided meditations.
    - Relieve yourself of "what if" and "if only" thoughts.
    - Tell your loved one's story and share memories.
  - Begin a daily gratitude journal. You may have to start with small things you are grateful for and that is okay.

*"Ironically, we have no choice when our loved one dies. It is out of our control, but we do have a choice in healing ourselves. It's the hardest task we will ever have to perform."*  
 –Mickey Vorobel

### CARE FOR YOUR BODY

- It is all about the basics – drink water, maintain regular doctor appointments, practice good nutrition and sleep.
- Exercise in whatever way feels good to you. Moving your body will not only help you physically but can positively impact your mind and spirit.
- Release your emotions – cry, hit a pillow, yell in the shower, use a stress ball.
- Treat yourself to a facial, massage or an afternoon nap.
- Pet an animal.

### CARE FOR YOUR SPIRIT

- Get involved in something meaningful such as a new or old hobby, volunteering, or creating art.
- Allow yourself to accept the expressions of support from others.
- Be present in the good moments. Don't underestimate the healing effects of small pleasures – a smile, a shared laugh, a sunset, a favorite food, a walk in the woods.
- Educate yourself about grief. Talk to others who have also experienced a loss, perhaps in a Unity grief group. Learn what others in a similar situation have found helpful.
- Allow yourself to explore the big questions of meaning and purpose. Share these thoughts with trusted people.

## UNITY RESALE SHOPPE, LLC

Unity Resale Shoppe, LLC offers a warm and inviting place where household items and clothing can be donated and purchased. Proceeds from sales help fund grief programs, patient care and hospice respite stays. The Shoppe is located at 1641 Commanche Ave, Green Bay, near the Austin Straubel Airport.

For more information, visit us at [www.unityhospice.org/resale-shoppe](http://www.unityhospice.org/resale-shoppe) or phone 920-339-5501.

Are you looking for a way to honor your loved one?

For more information on the memorial opportunities below, contact Unity at 920-338-1111 or visit [www.unityhospice.org](http://www.unityhospice.org).



**Unity's Forget-Me-Not Ornament** – Honor your loved one in a lasting way with the Forget-Me-Not Keepsake Ornament. Handcrafted from fine porcelain, each ornament includes an inspirational message. Ornaments are available for \$10 each.

**Unity's Gardens** – Located on our 34 acre campus in De Pere, the gardens offer beautiful outdoor spaces for meditation and reflection. When you dedicate an engraved brick, a garden element or a stone bench you contribute to the atmosphere of care and healing.

The Unity Memorial Garden and Brick Dedication is held the third Thursday of August at Unity. All garden tributes made before June 1 are formally dedicated at this ceremony.

