

We believe every individual deserves the opportunity to grieve in a supportive and understanding environment. Our bereavement team is here to listen, help you understand your grieving process, or assist you in finding resources to meet your needs. When you call, simply ask for someone in the Agape Bereavement Department.

**Agape in-services include:**

- ~ Bereavement and Grief: What's Normal?
- ~ Coping with Grief During the Holidays
- ~ Writing Through Grief and Other Workshops
- ~ When Children Grieve
- ~ Grieving as a Professional Caregiver

*There is 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... and unspeakable love.*

– Washington Irving



# AGAPE

Healthcare  
Bereavement Services



**COMPASSIONATE SUPPORT  
AS YOU GRIEVE**



*You will heal and you will  
rebuild yourself around the loss  
you have suffered. You will be  
whole again but you will never  
be the same. Nor should you be  
the same nor would you want to.*

– Elizabeth Kubler-Ross and John Kessler

When someone you love has died, nothing seems right. Everyday tasks, like running errands or getting a meal together, can seem daunting. Even impossible. People describe grief as disorienting, like they're living under water or lost in a new world without a compass. Past coping skills may fall short, leaving people wondering: How can I go on?

The path of grief can be unpredictable, yet one thing is sure: each person's journey is distinct. And while your journey is your own, you don't have to go it alone. At Agape, we can help you understand your grief process and provide compassionate support.

### IS THIS NORMAL?

Grief itself is a normal reaction to loss. While the process is different for everyone, some characteristics that may be associated with grief include:

Disbelief • Confusion • Disorganization • Anxiety • Loss of Control  
Depression • Relief • Guilt • Preoccupation • Anger • Loneliness  
Sadness • Crying • Physical Aches & Pains • Numbness • Insomnia

Grieving is not an "open-shut" course, so it's important to be patient with yourself. Feeling sadness and seeking solitude are normal, but if you find yourself withdrawing, having suicidal thoughts or feeling depressed, seek help from a medical professional.

### TAKING CARE OF YOU

It's important to care for yourself, even if you have to push through the basics on auto-pilot, including:

**DRINK H2O** Aside from needed hydration, it can help cleanse your body of the "residue" left by deep emotional experience.

**SLEEP** Try to maintain a consistent sleep schedule (and consult with your physician if you cannot sleep).

**BREATHE** Take times throughout the day to stop and breathe deeply and slowly, especially before bed.

**EXERCISE** The endorphins released as a result of exercise can improve your ability to cope—even a simple 20-minute walk can help.

**EAT (GOOD FOOD)** Try smaller meals more often, but support yourself nutritionally as best possible.

**REACH OUT** Grief can lead to isolation. Tell people in your life what you need, and don't hesitate to find a support group when you are ready.

### BEREAVEMENT SERVICES

Support from our Bereavement Team is available at no charge and open to anyone in our community who is grieving, even if care was not provided by Agape. Our support includes:

Short-term grief counseling  
Phone calls with bereavement counselors  
Grief support groups  
Educational material  
Memorial services & grief workshops  
In-services for nursing facilities or other groups

While each person experiences grief differently, finding common ground and support can help ease the journey.

Additional support material, information and links at  
**[agape-healthcare.com](http://agape-healthcare.com)**

**Agape Bereavement Services: 720.482.1988**