



IN TOUCH

Bereavement Newsletter

Bereavement Department (602) 530-6970 or hov.org

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RECOGNIZING YOUR OWN PROGRESS THROUGH GRIEF

How do you know you're making progress in your mourning? Remember that change isn't always obvious and dramatic; it is a process that takes place over time. The grief experience is different for everyone; it doesn't happen all at once or at the same rate of speed. And unless you're aware of the clues to recovery and their significance, your progress through grief may be so subtle and so gradual that you won't notice it at all.

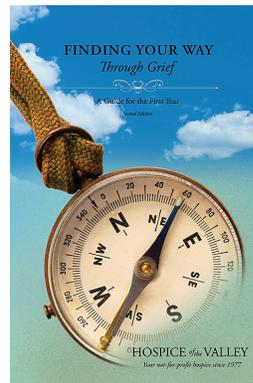
If you can recognize certain changes in attitudes, feelings and behaviors in yourself, you can measure your own progress through grief. Become aware of your own healing. Notice when you are able to:

- Drive somewhere by yourself without crying the entire time.
- Get through a day without feeling tired all the time.
- Concentrate on a book, movie or television program.
- Not think of your loved one for a period of time, however brief.
- Get through a few hours or days nearly free of pain.
- Return to a daily routine.
- Eat, sleep and exercise normally again.
- Participate in a religious/spiritual service without crying.
- Accept invitations from friends and family.
- Listen to music you both loved without crying.
- Be more aware of the pain and suffering of others around you.
- Be more patient with yourself and with others.
- Notice others in like circumstances, and recognize and accept that loss is a common life experience.
- Reach out to another in a similar situation.
- Realize that the sometimes thoughtless comments of others stem from ignorance, not malice.
- Find something for which to be grateful.
- Be patient with yourself through grief attacks.
- Feel confident again.
- Accept things as they are without trying to recapture the way they used to be.
- Think less about the past.
- Look forward to the day ahead of you.
- Reach out to the future less fearfully.
- Stop and notice life's little pleasures, the splendor of creation and the beauty in nature.
- Catch yourself smiling and laughing again.
- Feel comfortable spending time alone.
- Remember your loved one less idealistically—as less perfect, with more human than saintly qualities.

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RECOGNIZING YOUR OWN PROGRESS THROUGH GRIEF *(continued)*

- Review both pleasant and unpleasant memories without being overcome by them.
- Reinvest the time and energy once spent on your loved one.
- Remodel your personal space: rearrange furniture; change colors and textures of walls.
- Re-make your personal image: change your hairstyle, make-up or clothing.
- Explore new foods, new places and new things.
- Feel more in control of your emotions and less overwhelmed by them.
- Feel freer to choose when and how to grieve.
- Talk about your loss more easily.
- Feel less preoccupied with yourself and your loss.
- Feel a renewed interest in giving love and receiving it.
- Look back and see your own progress.
- Notice that time doesn't drag as much; the weekends aren't as long.
- Notice that the good days outnumber the bad; the mood swings aren't as wide; the time between upsets is greater.
- Plan the future more effectively.
- Think more clearly and feel more in control of certain aspects of your life.
- Make decisions and take responsibility for the consequences.
- Feel open to new and healthy relationships while maintaining old ones.
- Discover abilities in yourself you haven't developed before or didn't even know you had.
- Fill some of the roles once filled by your loved one, or find others who can fill them.
- Recognize that loss has played an important part in your life, and that growth can be a positive outcome.
- Identify how this experience has changed you for the better: what you've learned, what you've become, and how you've grown.
- Share the lessons you have learned through loss with others.



This is an excerpt from the book, *Finding Your Way through Grief: A Guide for the First Year*, Second Edition, by Marty Tousley, RN, MS, FT.

If you would like to purchase a copy of this book (\$12), visit <https://hov.org/news/> and click on the "Online Store" link at the bottom of the page.



In the passing of another year, a fresh one's greeted without fear,
For when you take life day-to-day, it's easier to find your way.
With challenges that must be met and knowledge gained not to forget,
But used to gain even more, each new year's an open door.

—From "Age Wise" by Cheryl Johnson Phillips



Healing from Loss

Hospice of the Valley provides compassionate support to people who are grieving the loss of a loved one. We provide extensive resources to help families as they work toward healing.

Grief support resources

Helpful videos, handouts and information about bereavement events.

Grief support groups

In-person and virtual group sessions are offered Valleywide at no cost.

For the latest information, visit hov.org/our-care/grief-support or call (602) 530-6970



New Song Center

For family grief support that is tailored to parents, young adults, teens and children.

Visit:

hov.org/our-care/grief-support/new-song-center-for-grieving-children





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ANNOUNCEMENTS

Bereavement services

Hospice of the Valley provides bereavement support for up to 13 months following the death of your loved one. In-person and virtual support groups and in-person, telephonic or virtual grief counseling support are available. Visit hov.org/grief-support-groups, or call (602) 530-6970 for more information.

Special group for the newly bereaved

“Gone from Our Sight, Never from Our Hearts”

If you have recently suffered the death of a loved one and would benefit from sharing with other adults who are also newly bereaved, this might be the right group for you. The group meets twice a month for 6 months via Zoom and starts January 14, 2026.

For more information, call (602) 636-5390 or visit hov.org/grief-support-groups.

New Song Center for Grieving Children

New Song Center for Grieving Children, a program of Hospice of the Valley, provides grief support groups for children, youth, young adults, and adults. Support groups are currently being offered in person for all age groups in Peoria, Gilbert, Scottsdale, and Central and North Phoenix, at no cost to participants.

“Enduring Ties” is an evening support group for families who have experienced the death of a minor child.

“Luz del Corazón” is a support group program for families whose first language is Spanish and who have experienced any type of loss through death.

New Song Center provides one-on-one counseling for brothers and sisters grieving the death of a sibling and additional counseling resources.

For more information, call (480) 951-8985 or (602) 776-6789 (Spanish), email info@newsongcenter.org or view newsongcenter.org.