

# In Touch Bereavement

## Pandemic, Grief and the Holidays

2020 has seen unprecedented times! This newsletter is reaching you as your life has been turned upside down due to the death of a loved one. Grief is real. Grief is hard.

Dealing with the death of a loved one may be the hardest thing you will ever deal with.

Experts, like our own Julie Leet, MSW, LCSW, CT, Grief Counselor with InTouch Bereavement, say for those who have lost a loved one to death in 2020, your grief journey will be at a higher risk for complicated grief! This year we are living in the midst of some of the most trying times in the American culture. We are living through a global Pandemic, systemic racism, social

unrest and gun violence, and an American political debate like none other. For any citizen, life is hard right now. Our daily lives are full of changes and new stressors. For the newly bereaved, your lives have all the stressors listed above however; you are now trying to survive, adjust and deal with the death of someone very close to you. During this past year, we have been forced to isolate and social distance ourselves from everyone.

This has created a vortex and forum for symptoms of depression, loneliness and isolation. For those grieving the death of a loved one, common responses can include;

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### Virtual Candle Light Service | Sunday, November 15 from 3 – 4 pm

This will be a live WebEx for you to join. Hospice staff will lead us through a time of reflection, support and inspiration. This event will be interactive and we will be lighting candles for you! Once you join the WebEx, you can share the name of your loved one and we will light a candle and honor them at our table!

Please visit our website to join; [eCommunity.com/grief](https://eCommunity.com/grief). Simply click on the "Join" icon and you will be directed to the candle light service. We do ask that you share your video, and MUTE yourself to eliminate feedback during the service. When it is time to interact, we can then unmute you to share.

Join us for support



### SUPPORT DURING THE HOLIDAYS

Monday	1 – 2 pm	For anyone who is New to Grief
Monday	2 – 3 pm	For those seeking support due to Any Loss
Tuesday	1 – 3 pm	Loss of Spouse/Significant other
Tuesday	1 – 2 pm	For anyone who is New to Grief
Wednesday	2 – 3 pm	For those seeking support due to Any Loss
Thursday	6 – 8 pm	Loss of Parent
Friday	11 am – 12 noon	Loss of an Adult Child
Friday	1 – 2 pm	For those who have lost a loved one due to COVID 19

All of our groups are free | To join, visit our web page at [eCommunity.com/grief](https://eCommunity.com/grief)

### VIRTUAL GRIEF SUPPORT GROUPS

11/15/2020 Candle Light Memorial Virtual event, Sunday, 3 – 4 pm

12/10/2020 Thursday, 1 – 3 pm

12/15/2020 Tuesday, 6 – 8 pm

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## Pandemic, Grief and the Holidays (cont.)

isolation, loneliness, change in sleep patterns, change in eating patterns, apathy, depression, fatigue, anger... the list goes on. These responses are all appropriate and are now coupled with the mandated isolation and distancing that we must endure to protect ourselves. **No wonder you are struggling!**

To top this off, let's throw in the Holidays! This must be an overwhelming time for you!

InTouch Bereavement cares about you! We want to support you even when we cannot see each other in person! We are offering Virtual Grief Support. We are creating a safe environment for you to connect, from your own home, with others who "get you". We offer individual support as well as daily support groups. Every day of the week, we offer support for specific losses.

## We are offering several Virtual Grief Support opportunities to help you get through the Holidays!

**Please join us!** All of our support opportunities are listed on our web page at [eCommunity.com/grief](https://eCommunity.com/grief). Please visit our page and see all the opportunities to join for support. Once you have identified the virtual group you would like to join, follow these easy steps:

- 1) At the time of the group, click on the "join" icon listed next to the group name.
- 2) It will direct you to the WebEx page. (If you are using your smart phone, you will need to download the WebEx app).
- 3) Once you have joined, please look at your devices options and select share/start your video and MUTE your audio. (Your device will have to have a camera).
- 4) There will also be an option available for you to call in as well. You will have to dial the phone number listed and will be connected with audio only.

## Surviving the Holidays; interactive Virtual Support.

1. Thursday, December 10 from 1 – 3 pm  
[Link to join on website](#)
2. Tuesday evening, December 15 from 6 – 8 pm  
[Link to join on website](#)

Please visit our website to join. This will be an interactive time of sharing and discussing creative ways to cope during this Holiday Season.

## 20 Tips to get through the Holidays

- Light a candle in memory of your loved one.
- Create a scrap book with holiday memories.
- Trust that grief is necessary in healing.
- Decide which traditions you want to keep.
- Decide which traditions you want to change.
- Create a new tradition in memory of your loved one.
- Tell people what you DO want to do for the holidays and what you DON'T want to do.
- Play your loved one's favorite holiday music.
- Don't send Christmas cards.
- Plan ahead.
- Remember this day will pass.
- Make a memorial ornament, wreath, or other decoration in honor of your loved one.
- Give yourself permission to say "NO."
- Give yourself permission to say "yes"
- Be Gentle with yourself.
- Don't let others "Should" you.
- You do not have to decorate.
- If you want to hear their name, SAY it!
- Reach out for support.

## InTouch Bereavement; We are here for you

InTouch Bereavement offers an array of support opportunities.

While a large piece of your healing journey is yours, and yours alone, we have found that connecting with others who are also grieving can really help.

Connecting with others can help us feel validated, heard and not alone! We offer various support groups all throughout the year!

Check out [eCommunity.com/grief](https://eCommunity.com/grief) to view our virtual support groups.

**You can also call 317.621.4646 for information.**

