



# *Rest. Breathe. Remember.*

**Wrestling with grief** can be exhausting. Perhaps the intensity that came with your loss at first has now softened into a quieter ache. As you continue to heal, we at St. Luke's Hospice are honored to continue supporting you.



## *Patience in the process*

After these past months, it may feel as if you have weathered the storm. Thoughts of your loved one may no longer be constant. Perhaps they now only surface a few times each day, or even every few days. Moments of tears and sadness may still overwhelm you, but less often now. The process of grieving may not be over yet, but progress has been made.

Finding ways to remember your loved one without their physical presence is difficult. However, this is an important part of grieving, and happens differently for each person. Continue to be patient as you move forward.

## *Rest. Breathe. Remember.*

Accept and embrace wherever you are on this journey. Continue to take good care of yourself and don't neglect those around you. Keep resting, breathing, and remembering as we have described in our previous letters. Take time to reflect on everything that has happened. Consider the ways you have grown, or how those around you have grown through this. Don't forget to encourage and support those grieving alongside you.

Know that you are not alone as you continue to work through these things. There are many resources available on the subject of grief and loss.

*"She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts."*

— George Elliot

## Grief can be complicated

You may be experiencing what some refer to as “complicated grief.” This can happen when there are multiple losses, or complications surrounding a particular loss. Your loved one’s military experience, or even your own military experience, can impact your grief, as well. Maybe you’re finding that these grief issues are stacking on top of each other, making it more challenging to heal.

### The following are some possible signs of complicated grief:

- Intense sorrow and pain when thinking of your loved one
- A powerful longing or yearning for them
- Strong feelings of anger or bitterness related to their death
- Lack of hope or purpose in life
- An on-going sense of disbelief or denial about the death
- Unexplainable anger or irritability toward yourself, others, or the person who died
- Deep loneliness, even when others are present

If you’re experiencing any of these symptoms, you may benefit from some additional support. We encourage you to contact St. Luke’s Hospice to schedule a grief counseling session. We are also able to refer you to another professional who may be able to assist you with your grief and healing.

*“Grieving is the natural way of working through the loss of a love. Grieving is not weakness, nor absence of faith. Grieving is as natural as crying when you are hurt, sleeping when you are tired or sneezing when your nose itches. It is nature’s way of healing a broken heart.”*

— Doug Manning



Rest.  
Breathe.  
Remember.

If you or a loved one would like additional information or support, or want to decline future mailings or phone calls, contact St. Luke’s Hospice Duluth at **218.249.6100**.

St. Luke’s Hillside Clinic  
220 North 6th Avenue East, Duluth

**218.249.6100**

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