

Advertorial



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Dealing with Grief

By Kenneth L. Zeri, President & CPO, Hospice Hawaii

There are no words to express the feelings when you lose a loved one. Dealing with grief can be the most difficult challenge you face. But you are not alone and there is help.

Grief is the natural human reaction to loss. Whether you're experiencing the loss of a spouse, child, parent, sibling, or close friend, grief can be an overwhelming sinking feeling that you are no longer in control. A wide range of emotions, such as anger, guilt, despair and loneliness, often accompanies it.

Though grief is a common response, there are no hard and fast rules about the grieving process. We tend to feel grief more intensely the closer we are to the person who dies, and the longer we have had the relationship. For an adult, the loss of a casual friend may be easier to deal with than of a close friend or sibling. Surprisingly, losing someone with whom the relationship was challenging can be more difficult to grieve than someone with whom the relationship was

very warm. The circumstances of the death and how prepared you were for the death can also have a major impact on the nature and period of grieving. Additionally, your personality and coping style may affect how you react to the loss of a loved one.

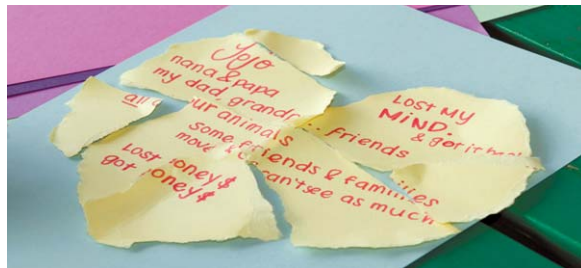
Children grieve very differently from adults. Young children may appear unaffected and not verbalize their feelings about a death in the family. It is more common for children to express their feelings through behavior and play. Regardless of their ability or inability to express themselves, children do grieve, often very deeply.

No matter the age or circumstance, Hospice Hawaii has a number of support systems to help you through your grieving process, including adult



and community bereavement groups. We also have a family bereavement camp, which is held every June. The camp is for families with children five-17 years old that have lost a loved one to death. The weekend provides a balance of fun activities and introspective grief exercises to assist in the healing process for families. For specific dates and locations of grief sessions, please visit our website.

Wherever you are in your grieving process, Hospice Hawaii can help. Reach out for support and know you are not alone. We care to help you live the rest of your life.



**For more information on Hospice Hawaii call (808) 924.9255
www.hospicehawaii.org**