

Grief Notes

May 2025

What helps with grief? by Linda Hopkins, Bereavement Coordinator

How does a person cope when a loved one has died and perhaps the whole landscape of their life has changed? In the early days of grief when I ask a person how they are getting by, I am often told, “I am taking it a day at a time.”

Newly bereaved people are often overwhelmed emotionally and physically. Taking care of oneself in very basic ways is helpful here. People may need to remind themselves to eat and drink and rest. Sleep is important, but it is often difficult as the mind is churning with thoughts about the recent death, all that needs to be done, and the changes that are coming. Unfortunately, sleep is often disturbed for weeks or months and being exhausted makes everything harder. Eating is another basic need that can be a challenge as the appetite may be gone or the energy to fix food may not be there.

Most of us need help to manage all that needs care. Accepting help also helps the helper with their grief as friends and family are not sure what to do but they know they do not want to just stand by. People who bring food are a blessing. Those initial days are busy with practical details such as calls, obituaries, arrangements, funerals, memorials, and paperwork. Often family and friends can help with this and offer emotional support with their presence.

Caring for your emotional, physical, and spiritual well-being is needed. This will mean different things for different people. Outlets for grief are useful. Although many are upset by it, crying is natural. Emotions kept inside are stressful.

Activities can take us away from our sadness for a while or give us a chance to reflect. If you have been a caregiver for a long time, focusing on yourself may take time to get used

Grieving all the time would be exhausting and it is ok, perhaps even necessary, to take a break. We may need to give ourselves permission to take time for ourselves and we may even need to schedule time to make sure it happens. What will help is personal for each individual. Here are a few ideas:

- Take a walk
- Nature time
- Music
- Creative activities
- Reading for pleasure
- Meditating
- Movies and tv
- Family and Friend time
- Writing or journaling
- Exercising
- Educating oneself about grief

to. Many people who have lost a husband or a wife have told me that getting out of the house helps them as does saying yes to invitations to do something with family or friends. Many other grieving people have found comfort from mementos and photos they keep nearby. Others find a way to memorialize their loved one.

Grief is an individual journey. For some the adjustment is quick and for others it takes years. Other sources of help include grief counseling and grief support groups.

Your Northern Light bereavement coordinator is also available to support you. Please call if you would like to speak with one of us for support.



Calendar

Bangor Area Grief Support

Grief can feel isolating and lonely, and grievors are sometimes surprised by the intensity and duration of their grief. Here at Northern Light, we believe that no one should grieve alone. Our bereavement coordinators are available for questions and grief support. Please feel welcome to contact your bereavement coordinator, Jane Cornman, to learn more about how we can help, or to sign up for a support group: 207-944-5534 / jcornman@northernlight.org.

Bangor Area Grief Support Groups

Monthly Drop-in Grief Support Group (in person)

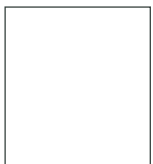
Tuesday drop-in grief support groups continue on the fourth Tuesday of the month, 2-3:30, at a local church in Bangor. The next two meetings will be on May 27 and June 23.

Online Grief Support Being Organized

We are organizing a 6-week online grief support group. Once a minimum of five participants signs up, we will find the best mutual time for all participants and schedule the meetings. The group is free of charge and open to anyone who has experienced the loss of a loved one. For more information or to register, please contact jane Cornman at 207-944-5534 or jcornman@northernlight.org.

“Even the darkest night will end and the sun will rise.”

- Victor Hugo



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South Portland Grief Support

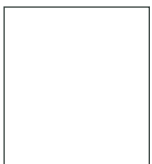
Monthly Zoom Grief Support Meetings:

Next meetings are on May 6 and June 3 from 1-2 pm. If you are interested in attending, contact Bereavement Coordinator Linda Hopkins (207-400-8714 or e-mail hopkinsl@northernlight.org.) Meetings will be held on the first Tuesday of each month.

Support groups are only one of the supports we offer. For more information about grief support, please contact Linda Hopkins, 207-400-8714 or hopkinsl@northernlight.org.

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Waterville Grief Support

Grief can feel isolating and lonely, and grievors are sometimes surprised by the intensity and duration of their grief. Here at Northern Light, we believe that no one should grieve alone. Our bereavement coordinators are available for questions and grief support. Please feel welcome to contact your bereavement coordinator, Jane Cornman, to learn more about how we can help, or to sign up for a support group: 207-944-5534 / jcornman@northernlight.org.

Waterville Area Grief Support Groups

In-Person Grief Support Groups

We are not currently offering in-person meetings in Waterville. If you would prefer an in-person experience, please contact Jane Cornman for assistance with finding a local grief support group.

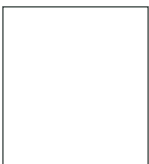
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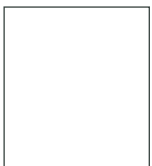
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Ellsworth Area Grief Support

Grief and grieving is different for each of us. If you are struggling with grief, have questions, concerns, or if you would like information about bereavement support groups please contact Tim Soucy, Bereavement Services Coordinator, at 207-356-1497 or tesoucy@northernlight.org.

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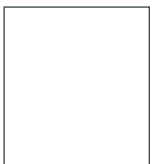
Presque Isle Area Grief Support

No Grief Support Groups will be held during the summer months. Six week Grief Support Groups will once again be offered in all areas of The County based on interest, this Fall. We require a minimum of five participants in an area to hold a Grief Support Group and each group is limited to twelve participants.

Please contact George McLaughlin, Bereavement Coordinator for Northern Light Home Care and Hospice at 498-9039 or by email at gmclaughlin@northernlight.org if you are interested or desire more information about these groups or if you desire additional support.

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