Responses to Loss

Listen to your words, which may hold clues to the connection between your emotional and physical responses to loss.

As expressed by a recent widow, “Ever since he died, it’s all on my back.”

Observe, without judgment, the ways loss may have changed your daily habits.

Are you eating and sleeping well?

If you're taking any prescribed or nonprescription medications, have you been using them differently?

Are you getting regular exercise?

Are you smoking or drinking alcohol more often?

In this time of turmoil, seek out counsel and support. Take actions that will nourish your body and spirit.

*Articles adapted from Grief Can Hurt Physically by Kenneth J. Doka*
Our grief groups are available to anyone needing support after the death of a loved one. The meetings, led by experienced bereavement group facilitators, include specific topics and optional personal sharing in a safe and accepting atmosphere.

Registration is required prior to first attendance for all groups. Please call TRU at 303.604.5213 for registration information and details about group times / locations. For additional information, please visit our website at trucare.org.

**Structured Groups**

**Newly Bereaved Support Program**
Support, information and networking for persons with recent death losses. Offered monthly.

**Eight-Week Bereavement Support Group**
For anyone who has experienced a loss. Groups are held throughout the year depending on enrollment.

**Healing Circles Grief Groups**
For children (ages 5-12), teens (ages 13-18) and families. Groups are held year-round.

**Ongoing Grief Groups**

**Lafayette Grief Support Group**
For those who have experienced the death of someone significant.
Meets 4th Tuesday
6:00 - 8:00 PM

**Bereaved Parents Group**
Support meeting with program and sharing for bereaved parents only.
Meets 3rd Wednesday
6:30 - 8:30 PM

**First Year Spouse/Partner Grief Support Group**
For spouses or partners whose loved one’s death has occurred within the past 12 months.
Meets 2nd Tuesday
6:00 - 8:00 PM

**Spouse/Partner Loss Group**
For people who have experienced the death of a spouse or partner.
Meets 1st & 3rd Tuesdays
6:00 - 8:00 PM

**Widowed Senior Grief Support**
For men and women who have lost a spouse or partner.
Meets 4th Wednesday
10:00 AM - 12:00 PM

**Boulder Hiking Group**
Combines exercise and support for people who are grieving or caregiving. Seasonal

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**One Step at a Time**

Grief is a journey that for some is best traveled on foot. There’s good evidence that physical activity helps reduce stress and ease depression, very relevant benefits for anyone mourning a loss. Walking doesn’t have to be physically challenging to feel therapeutic.

Walking outdoors in natural surroundings, instead of on a treadmill or urban street, may be a source of added solace. Research has shown that spending time in nature helps boost mood and restore mental focus.

Some people prefer to walk alone. Others appreciate the feeling of connection that comes from having a companion.

Walking with others may also counter the tendency to withdraw socially — a common response to loss. Going for walks, even short ones, is an act of self-nurturing.

In the depths of grief, it can be difficult to muster the energy to take care of yourself. Walking is a step in the right direction.

Adapted from *Walking Through Grief and Healing: Walking to cope with grief, one step at a time* by Linda Wasmer Andrews

*Minding the Body, a blog by Ms. Andrews, can be found at psychologytoday.com.*

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**Grief Groups Location**

**Grief Services:** 2593 Park Lane, Lafayette, CO 80026

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**Deconstruction/Reconstruction:**

A grief journal for teens
The Dougy Center for Grieving Children & Families
tdcbookstore.org/store/c1/Featured_Products.html
whatsyourgrief.com/teen-grief-journal/

Experience nature -
Best trails near Boulder, Colorado
alltrails.com/us/colorado/boulder

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*Grief is about finding a new sense of self...”*

- What’s Your Grief

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*Image courtesy of jscreationzs at FreeDigitalPhotos.net*
If you keep your heart open through everything, your pain can become your greatest ally...
- Rumi

Physical Symptoms of Grief

Of all the aspects of grief, physical symptoms are often the most unexpected.

You may feel exhausted or run down. Ironically, you may not be able to sleep, only making your fatigue worse. Or you may be getting enough sleep and still feel fatigued, due to grief’s constant emotional strain.

It is not uncommon for those who are grieving to experience generalized muscle aches. Research has found that grief may even “aggravate” feelings of physical pain in older adults.

Significant increases or decreases in appetite may occur. Because food is connected to both physical and emotional health, getting this in balance is important.

Forgetfulness and inability to focus are also common grief reactions. For most people, these slowly improve with time.

Frustrating and scary as these symptoms may be, understand that they are, for the most part, normal. You can’t magically cure them, but you can do things to manage them.

*Articles adapted from When Grief Gets Physical: dealing with physical grief symptoms
https://whatsyourgrief.com/physical-grief-symptoms/

When Grief Gets Physical

- Work on body relaxation – meditate, stretch, get a massage
- Learn breathing techniques to manage stress
- Be aware of the risks of “self-medicating”
- Use lists, reminders, “important stuff” spots to help with focus and memory
- Make sure your basic nutritional needs are met
- If you’re concerned or symptoms persist, consult a medical professional
Grief Services Staff
Raegan Gyorffy
Director of Grief and Volunteer Services
Thad Frye
Adult Grief Counselor
Charley Rosicky
Adult Grief Counselor
Richard Mercer
Adult Grief Counselor
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Grief Group Coordinator
Shelli Worrall
Office Coordinator

Contact Us
303.604.5300
Visit us at trucare.org and facebook.com/TRUCommunityCare

Grief Services Staff

Try this crossword to discover some of the effects of grieving and what may help (answers below)

Across
3. This is a normal feeling in grief.
5. This is one way grief can affect your body.
7. A way to calm your body when you are anxious.
8. This is our body’s way of releasing strong feelings of sadness.
9. An important way to help someone who is grieving.

Down
1. A soothing place to take a walk when you are grieving.
2. It is ok to play and do this when you are grieving.
4. All the ways we feel, act and think when someone we love dies.
6. A healthy way to deal with anger and frustration.
10. Sometimes grief makes it hard to do this at night.

Healing Circles

Kid and Parent Grief Support Group
Ages 6 -12
Healing With Horses
Ages 6-18
Cost $100 per child (scholarships available)
Teen Grief Support Group
Ages 13 - 18

Counseling is available for TRU Community Care kids and teens. Consultations, information and presentations for community families, schools and professionals also are available. Groups are available to both TRU families and community members free of charge. For specific times, dates and locations and to register, please call 303.604.5300. Pre-registration is required for all events.

Across: 3. anger, 5. headache, 7. breathe, 8. crying, 9. listen, Down: 1. nature, 2. laugh, 4. grief, 6. exercise, 10. sleep

TRU Grief Services welcomes donations. Donations will help provide resources for groups and family night and provide materials. TRU Community Care is a nonprofit 501(c)(3) organization. We appreciate your support.

TRU Community Care is a nonprofit organization. Supplied by Boulder County Hospice in 1981

What TRUly Matters