



We are thinking of you during your journey through grief. We reach out to our TRU family members by phone and with periodic mailings during the 13 months following the death of a loved one. These quarterly grief support newsletters are available to you, your friends and your community at trucare.org under Our Services/Grief Support.

Please call us anytime for support at 303.604.5300.

The Physical Effects of Loss

Some Good Things to Remember

Grief affects us not only emotionally or spiritually, but can also affect the way we feel physically. It is very common for your body to react when someone you love dies. You may have headaches or pains. You may be tired and sore. It may be hard to eat or sleep.

These physical reactions are especially likely when we have a hard time expressing our emotions. The deep sorrow we are unable to allow ourselves to feel will find other ways to be noticed.

The following are some good things to remember if you are in physical pain or are not feeling well.

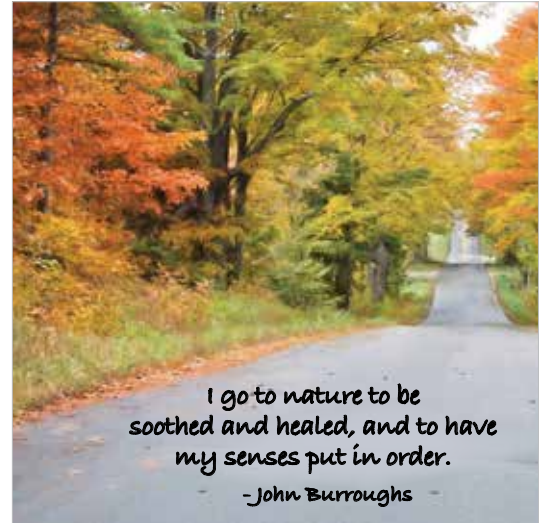
Monitor how the loss has changed your own habits and lifestyle. Remember that, in times of stress, it is even more critical than ever to watch your health practices.

Expect that grief will have physical effects. Perhaps, as you look back on other times when you felt grief, you may recognize that you had similar experiences.

Most critically, have your health monitored by a physician who both knows that you have suffered a recent loss and understands the physical effects of grief.

Finally, take care of yourself. Know that, in time, all the effects of grief, including the physical ones, will diminish.

Articles adapted from Grief Can Hurt Physically by Kenneth J. Doka



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.

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.

Eight-Week Bereaved Parent Group

For parents who have lost a child of any age. 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

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.

Grief Groups Location

Grief Services: 2593 Park Lane, Lafayette, CO 80026



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

Image courtesy of jscreationz at FreeDigitalPhotos.net

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

- What's Your Grief



*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"

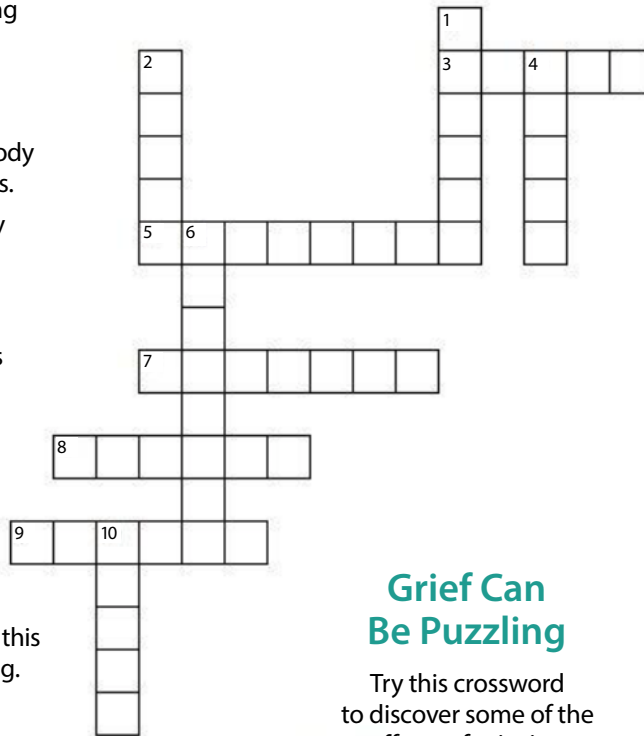
Use lists, reminders,
"important stuff" spots
to help with
focus and memory

Make sure your
basic nutritional needs
are met

If you're concerned
or symptoms persist,
consult a
medical professional

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.

Grief Can Be Puzzling

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

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

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

Reta Morrisette
Grief Group Coordinator

Shelli Worrall
Office Coordinator

Contact Us

303.604.5300

Visit us at trucare.org and [facebook.com/TRUCommunityCare](https://www.facebook.com/TRUCommunityCare)

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.