

## “Taking Care of Yourself”



*Rick Alvey, Chaplain*

Grief is not only a journey through a wide range of emotions but is also a physical journey that can wear us down. The human body is an amazing mechanism but if not properly taken care of it will break down.

Our bodies need basic elements like food and drinks to fuel it; activities to keep muscles and other organs working properly; mental activities to keep our mind sharp; enjoyable activities that help lighten the load and rest to replenish it in ways that only happen when we sleep.

In the midst of heartache and grief it can be easy to neglect any or all of these necessary activities because the loss of a loved one can feel overwhelming. And if any of these various activities get neglected long enough they can cause a physical problem which may cause our body to not function properly; which only adds to the weight of grief.

I understand that in the middle of sorting through all that is going on you may not feel a desire to eat, drink, move or rest but we need to

keep these as part of our regular, daily routine. For some who have been a constant caregiver for the loved one it can be easy to suffer a decline in your health because of neglecting your own care to provide for your loved one.

If it's been a while since you last visited your doctor then it might be a good idea to schedule a wellness visit. A thorough examination along with various kinds of blood work or tests can help to identify any issues going on below the surface that could need attention. Even a simple imbalance of certain vitamins can cause issues like lack of appetite or an inability to sleep.

If you have spent the majority of your time taking care of your loved one prior to their death then it can be hard to transition into taking care of yourself, but it is very important to you and your other loved ones. Please show yourself the kindness of tending to your own physical needs.

Having others around you who are understanding and supportive is essential. We hope you have such people in your life. But if you don't, please know that we are here to share the journey with you.

**The Reid Hospice Bereavement Group & Perinatal & Infant Loss Support Group** times are listed on this newsletter. If you would like to join us for a session, give us a call! As you remember your loved one's life, may you experience joy, peace and healing as your journey continues.

## Reid Hospice Bereavement Group

You are invited to join us for an informal monthly support group with people who share the recent loss of a loved one. The Reid Hospice Bereavement Group meets in the Reid Outpatient Care Center, 1100 Reid Parkway. **If you plan to attend either session or have other questions, please call (765) 983-3344 or (888) 983-3344.**

### Afternoon group

2:30 p.m. the third Wednesday of each month.

### Evening group

6:30 p.m. the first Tuesday of each month.

## Perinatal & Infant Loss Support Group

For families who have experienced ectopic pregnancy, miscarriage, stillbirth, or the death of an infant. We meet at 6 p.m., the third Tuesday of each month in Innovation Classroom C, 1100 Reid Parkway. **Please call (765) 983-3020 to confirm attendance if driving long distance, if inclement weather is possible or with any questions.**



**Reid Health**

1100 Reid Parkway  
Richmond, IN 47374  
ReidHealth.org

holeness – in body, mind, and spirit – is basic to fulfillment of human potential. Reid Health and its people work with others to enhance wholeness for all those we serve.



**Reid's mission**