



## Why is addressing grief and loss important?

Martha lost her husband to cancer. They were married for 50 years. Her daughter helped her move from her village to Anchorage to be closer to family. Martha started feeling sad and crying for no reason. She missed her husband and life in the village. One day, her provider had her meet with the Behavioral Health Consultant who was able to listen and offer support. Martha was later connected with the Elder Program and Traditional Healing. These programs helped her meet others who had been through similar experiences. Addressing grief is important so we can find healing and wellness.

## What can you look for?

- Tearfulness
- Loneliness
- Loss of interest
- Persistent sadness
- Heavy heart or anger

Grief and loss are when we experience a loss, a death, or a lifestyle change. It could be a death of a loved one, a divorce, a move, or even children moving away. It is normal to feel sad and have a heavy heart for a period.

## Questions to ask yourself:

- Are you having a hard time getting through a recent loss?
- Is it hard for you to move on?
- Are you spending more time thinking about the past than the present?





## What can you do?

- Practice self-care
- Practice healthy sleep habits
- Maintain a healthy diet
- Drink enough water
- Avoid drinking alcohol
- Be physically active
- Talk about your thoughts and feelings
- Stay connected with friends and family
- Try journaling or writing letters
- Connect to your spiritual belief
- Try activities to feel productive (beading, crocheting, etc.)

## Where can you find support?

- **Behavioral Health Consultant** can assist with processing feelings and providing good tips and tools in coping with life changes.
- **Elder Program** can give you support and encouragement to help you connect with others.
- **Family Wellness Warriors Learning Circles** offer support and education.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- ☐ Elders Program
- ☐ Family Wellness Warriors Learning Circles
- ☐ Primary Care
  - Behavior Health Consultant
- ☐ Traditional Healing

## Community Resources

- ☐ Hospice of Anchorage for groups and individual support (907) 561-5322
- ☐ Providence Hospice Grief Support Groups (907) 212-4400
- ☐ Online resources [www.grief.com](http://www.grief.com)

