Grief and Loss

Why is addressing grief and loss important?

Martha had recently lost her husband to cancer, whom she was married to for 50 years. Her daughter helped her move from her village to Anchorage so she could be closer to family. Martha was grieving the loss of her husband, feeling sad, and crying frequently. One day, her provider suggested that she meet with a behavioral health consultant who was able to listen and offer support. Martha was later connected with the Elder Program and Traditional Healing. These programs offered opportunities to meet others who had been through similar experiences. Addressing grief is important so we can find healing and wellness.

What are some considerations for grief and loss?

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

Feelings of 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?

For more information, visit:

www.southcentralfoundation.com/aging-well

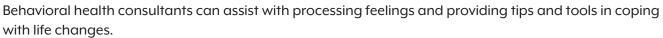**Or scan the QR code**

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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 such as beading and crocheting

Where can you find support?

Contact your care team at McGrath Regional Health Center .... **(907) 524-3299**

NB

☑ Behavioral Health Consultants 📞

Behavioral health consultants can assist with processing feelings and providing tips and tools in coping with life changes.

☐ Elder Program 📞 .... (907) 729-6500

The Elder Program can give you support and encouragement to help you connect with others.

☑ Family Wellness Warriors 📞 .... (907) 729-5440

Family Wellness Warriors offer learning circles that can provide connection, support, and education.

Key

NB Non-Beneficiary	Ⓡ Referral needed	🚗 Travel by car required
☑ Support available to Non-Beneficiary	✈ Travel by plane required	📞 Available over the phone or virtual visit