

# AGING WELL

## 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 eventually started feeling sad and cried. 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 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](http://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 primary care team directly or call  
**Benteh Nuutah Valley Native Primary Care Center .....(907) 631-7800**

**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 support and education.


Key


NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit