

What can be helpful?

- Be patient with yourself. Take time. Don't let others rush you into "getting over" your feelings. Allow yourself time to heal.
- Remember your grief is individual to you. Not everyone's grief is identical to yours. You will share some similarities with others, but grieving is a very personal and very individual process. Realize that you will grieve at your own pace and in your own way.
- Seek the support of friends and family. Find people who will understand your need to talk about what happened. Seek out people who will really listen to your feelings and remembrances.
- Lean on your faith.
- Try to get enough rest and sleep.
- Exercise.
- Keep up your hope and know that you will survive.
- Eat regular and healthful meals.
- Express your feelings to others or in a journal.
- Find music that soothes your soul.
- Create or participate in meaningful rituals and ceremonies.
- Find someone who needs your help.
- Cry. Tears are a healthy expression of grief.
- Know that there will be good days and bad days. Pangs of intense grief can surface during holidays and significant events such as birthdays or anniversaries.
- Recall special memories. Look at photographs, read old letters and retell your memories to friends and other members of your family.
- Ask for what you need from others. Accept what help they offer. Now is not the time to try to do everything by yourself.
- Seek out grief counseling if you feel you cannot cope alone. Grief counseling is available through community resources, churches, chaplains, Employee Assistance Programs, and licensed therapists. Join a grief support group. Use the Internet and join an electronic bulletin board dedicated to supporting individuals who have lost loved ones.

How can you find an Oncology Social Worker?

- Ask your doctor, nurse or other health care provider
- Contact one of our social workers directly at (406) 435-7335 or (406) 435-7135.