

In this issue:

Updates to BeginAgain program

Tips for Spring Grieving

Art Project & Activity Highlight

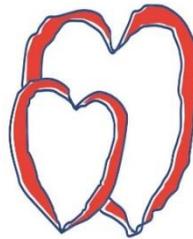
Ask the Grief Counselor

Music for Mourning



HALIFAX HEALTH
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BeginAgain
CHILDREN'S GRIEF CENTER

A Program of Halifax Health - Hospice

Spring 2021

Quarterly Grief Newsletter



Program Updates

>> **Virtual groups have arrived!!!**
BeginAgain Groups have returned, and are being held via Cisco WebEX twice a month!

>> **Video/Phone telehealth continues to be available for individual and family sessions!**
Please call your local BeginAgain Counselor to set up your next appointment. Contact info listed below.

>> **Stay Tuned for another art event with The HUB on Canal this summer!**



No winter lasts forever;
no spring skips its turn.

Spring Grieving

Tips for Grieving Families during Springtime

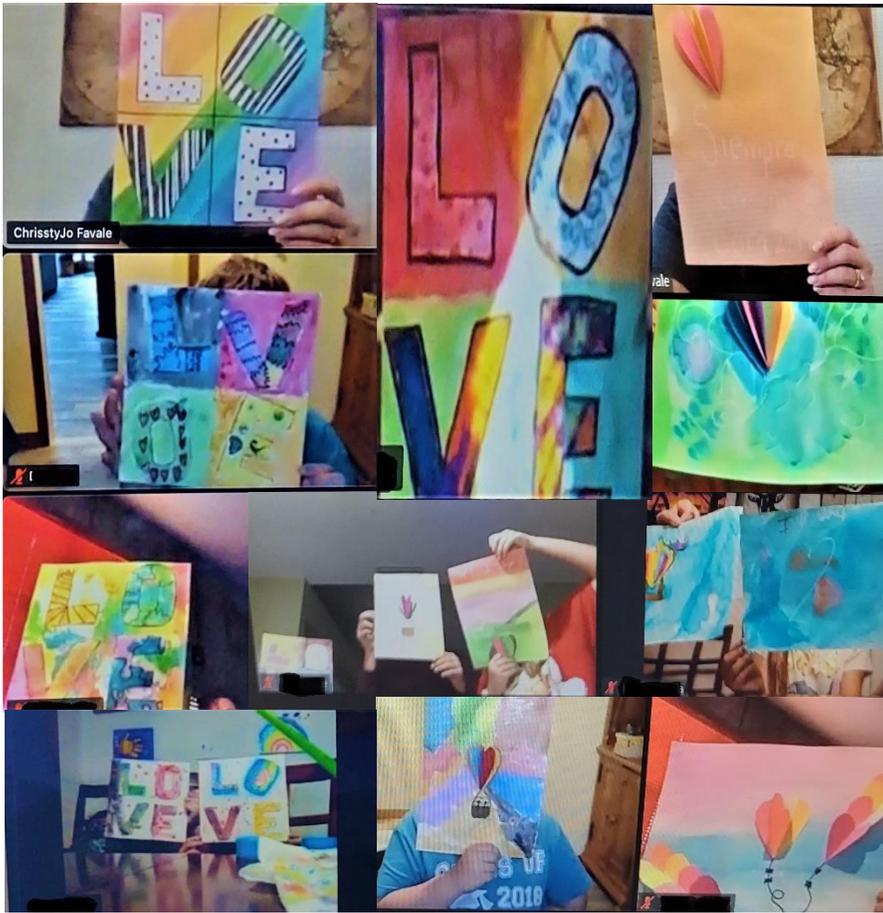
During the winter, it's much easier to stay inside, avoid loved ones, and skip out on social gatherings. However, once the weather warms up, feelings of sadness and grief can deepen as those around you are happier, more active, and excited to enjoy all spring has to offer. This pain may intensify as each new season brings new memories of the person who has died, along with the realization that you can no longer share experiences together. It is normal to experience heightened grief in spring because spring can feel like pressure. Pressure to be present and live life in spite of how you are feeling on the inside. Pressure to feel a semblance of normal. Pressure to believe in the possibility of new. Although warmer, sunnier months can be nurturing and inspire hopefulness, grief does not suddenly go away just because seasons change.

In spring there is revival and renewal in nature as flowers and trees bloom and everything turns green again, and people quickly begin to flock to their favorite warm-weather activities. Try to take time to sit down and make some plans that can nurture you and help you cope with your losses and grief. Warmer months offer other opportunities for nurturing activities such as walking in nature, planting gardens, outdoor family gatherings, picnics, and many other things. When you are outside, take a moment to inhale and then to exhale. To be in control of the one moment you have control over. Give yourself permission to experience the warmth of spring on your face and in your heart. Below are some grief soothing spring activities.

Get Moving: Nature can be one of the greatest comforts. Taking walks can provide a quiet time out to collect your thoughts, savor the scenery, and exercise.

Gardening: Getting your hands dirty in the earth can be therapeutic. Consider planting a tree or an annual plant in honor of your loved one.

Swinging: The rhythm of swinging can be soothing and relaxing, even for adults. Try adding a swing to your patio or visit one of the many local parks with swings



We recently partnered with The HUB on Canal in NSB for our 2nd virtual Hearts and Arts event, 4th overall with this amazing organization. On 2/20/21 HUB instructors, Heather Pastor and Denise Bell, helped lead the “love themed” activities as you’ll see to the left. The first activity was paying homage to artist Robert Indiana’s famous LOVE sculpture located in Philadelphia. The second activity was making 3D art, some made hearts, hot air balloons, or kites. While grief was not necessarily the focus of this event, it did naturally shine through remarkably in all the projects. A reminder that grief is always nearby, and that is the reality for any family healing from loss.

Try the activities out with your family! Or, go check out The HUB for a great day out in NSB. Visit their website for more information on their programs and events:

Thehuboncanal.org

♪♪♪♪ Music for Mourning ♪♪♪♪

Music and lyrics can be especially important for grievors of all ages, for a variety of reasons. Here are some songs grievors have shared with us.

What songs have you heard that relate to your loss?

♪ *Send me a butterfly, let it be the color of your eyes. Show me a falling star, the second I’m wondering where you are. Let me hear our favorite song, the next time I turn the radio on. If you’re up there on the other side, send me a butterfly.*

Artist- Nolen Neal

♪ *Tell me how am I supposed to live without you? Now that I’ve been loving you so long. Tell me how am I supposed to live without you? How am I supposed to carry on, when all that I’ve been living for is gone?*

Artist- Michael Bolton

♪ *Every step I take, every move I make. Every single day, every time I pray, I’ll be missing you. Thinking of the day, when you went away, what a life to take, what a bond to break, I’ll be missing you.*

Artist- Puff Daddy ft. Faith Evans & 112

Ask a Grief Counselor

Question: When grieving, is it normal to have happy moments in life again but also feel a sense of guilt for being happy?

Answer: *Yes, that is completely normal and happens to people of all ages throughout the healing process. In fact, one of our biggest coping skills in life is to harness our negative emotions, and try our best to turn them into positive thoughts/actions. Grieving is full of conflicting emotions, a “battle royale” of feelings, each fighting for the top spot in our thoughts. While it may seem as though enjoying life again moves us away from grieving our loved one, families can be assured this is not the case. We find feelings of happiness and laughter offer a healthy break from the most intense grief emotions (like sadness, anger, guilt, regret, etc.) commonly felt when missing our loved one. It’s important to remember that using our coping skills is a way to manage our emotions, not erase them. Also, remember that everyone grieves in their own way, so this may look/feel different for everyone in the family.*

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