



# THE CARE COURIER

October 2021, Vol 7 Issue 4

## IT'S ALRIGHT TO FEEL THE FEELINGS

"I hate this! I just want to be me again! I want to feel normal. How long will it take?" Karen desperately looked around the circle gathered in Grief Group searching for answers. Heads nodded. Empathy filled the room.

"We don't know how long it will take. Everyone has their own unique way of dealing with the grief. There are no right or wrongs," Deb said.

Sara leaned in, "It's been a couple of years since my husband died. I still miss him. I don't think the grief will ever totally go away. And I'm okay. I'm getting out and having fun. He's still with me in a good way. It will get better Karen. You will move forward."

June reached out and patted Karen's hand. The warmth felt reassuring as the conversation centered on the tasks to help them heal.

"Thank you Karen, your honesty and vulnerability got us off to a good start," said Margaret the group leader, giving her a knowing look. She continued. "Last week we talked about the first task: **Accepting the Loss** not just physical acceptance, but an emotional acceptance."

This week let's focus on our second task: **Feeling the Feelings**. Sometimes we deny them. We push them down, or we distract ourselves. This task takes a long time, but it is essential we deal with feelings if we want to heal. During this time we enter a time of *Disorganization*.

Don't worry there will come a time that you will begin the task of **Adjusting**. And like Sara, you will **Move Forward** into a **New Normal**. Karen got us started. "How did the week go; what were some of your feelings?"

Hearts opened, as they shared their stories.

- "I can't remember things. Am I going crazy?"
- "I can't get anything done, there are all these papers to fill out!"
- "I know I shouldn't feel angry but she left me!"
- "I feel guilty. I shouldn't. She was sick a long time, and I'm relieved."
- "I don't know how to handle all the finances. He always did it!"

• "I'm ready to get out, meet new people, but my kids don't like it. So happy and guilty!"

• "I want to just stay home and watch movies. I just need to be alone."

• "I'm afraid to socialize because I never know when I will get triggered and be emotional."

• "I don't want to bother anyone with my grief."

• "It's a rollercoaster of happy, sad, just wanting life to end, but faith holds me steady."

• "People have enough going on in their own lives. They don't need to hear my problems."

• "I have a friend who keeps telling me how I should deal with my grief. How would she know how I am feeling? I don't want to be with her anymore."

• "I just want to be me again!"

• "I feel hope that with God's help and all my friends and family, I will get through this."

When we are grieving we need to realize each person has their own unique way of processing grief. There is no right way to grieve. There is no wrong way to grieve. It's a long journey. Drop the baggage of expectation and judging. This alone helps. Just feel the feelings for now.

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(Inspired by Wholeperson.com materials we use in Grief Group)



## In This Issue

- It's Alright To Feel The Feelings
- It's Alright For Me To..
- Advance Planning, Passwords
- Have a Good Cry
- Dates of Continuous Care meetings
- Open House dates for Locke at Tower Park

IF YOU HAVE ANY QUESTIONS, PLEASE CALL VICKIJOLENE REECE 319-505-3048.  
WEATHER ALERT: If schools or businesses are closed, the meeting is canceled.  
Please feel free to bring a friend - All groups are free and open to the public!

Please use "Community Room" door

**DATES:** December 9, 16  
**WHERE:** Locke at Tower Park  
4140 Kimball Avenue, Waterloo

**~New Location~**  
\*Grief Support Group\*  
Starting in December

**DATES:** October 7, 14, 21, 28  
November 4, 11, 18  
December 2

**TIME:** 5:00-6:30 p.m.  
**WHERE:** Kearns Funeral Service  
3145 Kimball Avenue, Waterloo

\*Grief Support Group\*



**Coming Soon:**  
Locke at Tower Park  
located at:  
4140 Kimball Avenue  
Open House dates  
and details to follow.

Want to be on our mailing list? Give us a call, and we can add you to our quarterly newsletter list.

Continuous Care  
1519 West Fourth Street  
Waterloo, IA 50702



Feelings often carry a message that your body wants to release pain that is deeply rooted from your past. Your bodies hold onto the energy of feelings. Memories come back that may need forgiveness or acceptance. This is a signal that you will heal the current grief by dealing with whatever wound from your past needs to heal. This is good. It's time to "Let it Go." Listen. Journal. Pray. Talk to someone. Surrender it.

### IT'S ALRIGHT FOR ME TO...

- experience my grief in my own way
- be given time for the healing process
- choose to be alone
- feel what I'm feeling, and realize feelings will shift
- socialize when I'm ready
- be upset or angry
- be confused and forget things
- say I need privacy
- ask for help
- have a good cry
- say NO
- say YES
- be listened to
- delay decisions
- have fun and socialize
- question the meaning of life
- realize I have physical and emotional limits
- be supported
- indulge in comfort food
- binge watch and escape for awhile
- speak my truth
- speak ill of the dead to process pain
- speak praise and treasure memories
- feel disorganized
- feel immobilized about all the next steps
- release myself from the expectations of others
- not to expect so much from myself
- give myself all the time I need to heal

## ADVANCE PLANNING - PASSWORDS

*If you or your spouse/partner died today, would anyone know how to open all your accounts?*

Dear Ones,

I'm writing this to you from ICU at Mayo Clinic. My husband has been sedated and intubated for four days now. He always handled finance. Now I must. But I get nauseous just thinking about it. 'Don't get scared, get organized!' is my motto. I now have a good list after spending hours going through files. He can't help me now. Thankfully he had given me his checking account username and password months ago when I insisted that I needed to start paying the bills.

It's so much easier to compile a list now while you are healthy. Store it in a safe place. When the time comes, your family will be so grateful. This is a gift. They will have so many other worries.

Let's take action NOW.

We live in a different world.

This is one thing you MUST do now.

**HOMEWORK:** Get a notebook. Carefully and clearly write down all your accounts with number, user name, and passwords. Leave space under each one. If a password changes, be sure to add it immediately.

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|---------------------|------------------------|
| •Cell Phone/Devices | •Storage sites         |
| •Pension            | •Email                 |
| •IRA                | •Crypto accounts       |
| •Computers          | •Subscriptions         |
| •Online sites       | •Smart TV sites        |
| •Credit Cards       | •Pay Pal               |
| •Bank Accounts      | •Investments           |
| •Internet           | •Social Media/Facebook |
|                     | •Other                 |

The more we act on now, the easier it will be for our loved ones. Since writing this, my husband is recuperating at Friendship Village. Please do this one thing this month. Schedule it!

Blessings to you all,  
VickiJolene Reece, Continuous Care Coordinator

*Your body is away from me  
but there is a window open  
from my heart to yours.  
From this window, like the moon  
I keep sending news secretly*

By Rumi

## IT'S ALRIGHT TO CRY

"You should be here!" Marla screamed in frustration clenching her pen, stabbing it toward heaven as she stared at medical bills, insurance forms, death certificates, and more bills. "Why didn't you teach me how to do this? Why didn't I ever ask?"

She felt like a deer trapped by headlights: paralyzed and panicked. Her stomach roiled. Her throat tightened. Her eyes still swollen from her last battle stung. *Will this ever end?* With that she fled, escaping from the room, flopping on her bed, sobbing into her pillow.

*Marla, grow up, big girls don't cry! You've cried long enough. Will I ever feel happy again?* The river of tears erupted, the pain coursing through her, the current so strong, as she gasped for breath. Reason and expectations threw her no lifeline. *I need help. This is too much.*

Maybe Marla fell asleep and it was a dream. Maybe. But Marla remembers someone tenderly stroking her hair and patting her back. A gentle soothing voice whispering in her ear. Her grandmother? Marla cried even harder. She missed her Nana so much.

"There, there my little one, you go ahead and just have a good cry."

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A baby gasps for her first breath and gives out a healthy cry. A good cry. People smile because it proves we are truly alive. And so it goes the rest of our lives. The tears come to clear the dust out of our eyes. The happy tears come as a father walks his daughter down the aisle. And the sad tears come with grief. And it's those emotional tears that actually help us heal.

Not all tears are chemically the same.

Neuroscientist Dr. William H. Frey II has spent twenty years studying crying and tears. He is the author of *Crying: The Mystery of Tears* and the co-director and founder of the Alzheimer's Research Center at Regions Hospital in St. Paul, Minnesota.

### CRYING IS HEALTHY AND HELPS HUMANS SURVIVE

"Crying is not only a human response to sorrow and frustration, but it is also a healthy one," Frey says. "Human's ability to cry has survival value." He goes on to teach that crying releases stress, reduces sadness, and lowers blood pressure. Emotional tears differ from other tears in that they remove toxins and stress hormones. They truly do get 'the sad out of you.' And once you start? Keep going according to the science behind crying. Cry for several minutes. It takes that long for the parasympathetic nervous system (PNS) to be activated so you can truly rest.

### CRYING GETS THE SAD OUT OF YOU

Do you remember the massive football player Rosie Grier? Back in the 1970's he sang "It's Alright to Cry" for the children's musical "Free To Be You And Me."

*It's alright to cry  
Crying gets the sad out of you.  
It's alright to cry  
It might make you feel better.*

And Rosie was right! A good cry releases endorphins which ease emotional and physical pain giving you a sense of well-being and calm. Grieving, anger, guilt, sadness, reproach, depression, tiredness, and confusion are normal feelings after losing a loved one. Crying is one healthy way to help you process and move forward with your life.

### CRYING WITH OTHERS

It can be a challenge to overcome what we were told in childhood: 'only babies cry,' or 'be a man, big boys don't cry.' Listening and talking to an understanding support group allows you to openly mourn. It can be a huge relief to be with others who encourage you as they pass you a tissue. Consider our Grief Group on Thursdays.

### WHEN YOU CAN'T STOP, TAKE ACTION

If you do find you cannot stop crying after a period of time, please talk to someone, and see your doctor. Especially if you have any of these feelings:

- Extreme hopelessness
- Trouble sleeping
- Changes in weight and appetite
- Thoughts of suicide
- Deep depression

At the beginning of the grieving process, some may think, 'I can't go on!' Suicidal thoughts can pass through a griever's mind and are normal. IF THEY ARE PASSING THOUGHTS.

However, if such thoughts persist, pay attention. Don't believe what you are telling yourself. You are grieving and better days are ahead. You may feel hopeless now, but you have a hopeful future. Your story isn't over!

If you sense you or anyone in your family is considering suicide, you must take action even if you are sworn to secrecy. Call 911 for an immediate emergency. Turn to a trusted pastor, teacher, counselor, family member, or friend. The Iowa Department of Public Health offers "YourLifeIowa" for all problems. Call 855-581-8111 or text 855-895-8398.

Again, take immediate action. Don't lose hope. Choose hope.

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