

## 20222 HELP hints

### End March

When caring for someone living with a terminal illness or a deteriorating condition, it can feel like you are grieving the loss of that person slowly over a long period of time. It's painful to watch someone you love gradually lose their independence and the things that make them who they were to you when they were well. Interacting with someone who is unable to interact back becomes very difficult. For a caregiver to keep up the energy required for this work, it is critical to take time for selfcare. For those supporting a caregiver, giving them time to do so is a great gift. (Betsy)

### April 2022 **HELP Hints:**

#### **April 2022**

Most of us have difficulty asking for help simply because we do not want to feel that we are being a bother. But it is important to know that it is not a sign of weakness to look for support . There are family, friends, neighbours, and agencies who would all gladly reach out to help, but sometimes they can be unaware that the support is required.

#### **Where to turn for help:**

Family, community and church are all central to ensuring the wellbeing of us all. OUC offers a variety of programs and services from which members may benefit, regardless of their religious affiliation. Other local organizations include: The Eastern Ottawa Resource Centre, Bereaved Families of Ottawa, Dying with Dignity, Bereavement Support and Education – Ottawa, Canadian Mental Health Association, Carefor Health and Community Services, the Compassionate Friends of Canada – Ottawa Valley, Counselling and Family Service Ottawa, Family Services Ottawa, and Ottawa Pastoral Counselling Centre.

#### **Summary:**

As the saying goes, “Ships don’t sink because of the water around them. Sinks sink because of the water that gets inside them.” If you need support to help from being weighed down, reach out and don’t be afraid to ask. ( Graeme Ogilvie)

### April 2022

#### During stressful times

Restrict your access to the news to once a day, preferably not before bedtime, and only for 15 minutes

Offer financial support, clothing etc to the different agencies on Ottawa supporting Ukrainians

Walk outside, meditate, be in communion with God. Prayer works.

Reach out to someone who is isolated.

Talk it out but only for 15 minutes a day.

Every day write down 3 things you are grateful for.

April 2022

Do you have many people who want updates on the health of your loved one?  
Try CaringBridge.org It's a free space where you can invite friends and family to a private online room to read your updates. There is also a space where you can list help you need, and your supporters can enter help they can provide.

MAY 2022

May is Mental Health month, so this month's Helpful hints are about supporting, caring for and being present for someone who is struggling with their mental health.

Mental health illness is not a choice, showing compassion is!

If you know someone who is struggling with their mental health there are a number of ways you can show compassion.

Reach out to them, with a note, a card, or a text, without any expectations of hearing back.

Continue to show you care even when it's not reciprocated.

Let them know they are not alone....even in the darkness.

Listen without judgement, solutions or suggestions.

Validate their challenge, as you would if someone was struggling with a physical health issue.

Let them know they are valued and cared for.

Possibilities

Folllowing Myths from Martha Creek Newsletter April 1, 2022

**Myths of grief** that we absorbed, picked up through custom, culture, history, and family include:

- Happy feelings are GOOD! Sad feelings, negative feelings are BAD! “Go to your room, dry it up, stop it!”
- When we laugh, we laugh together --- when we cry, we cry alone!
- Tomorrow is another day --- likely an attempt to bypass current feelings. “Move on, don’t look back, suck it up.”
- I have to be strong for \_\_\_\_\_ (*fill in the blank*), the kids, my spouse, the family, the co-workers, everybody.

- Keep a stiff upper lip. Don't show emotions. Don't be weak.
- Pull yourself up by the bootstrap. My ancestors said it like this, "Get yourself together." "Pull yourself together."
- Don't burden others with your pain, sorrow, and grief.

From the "*Grief Recovery Handbook*," - by John James and Russel Friedman here are their listed **myths** about grief processing: Keyword--MYTH. So, let's practice doing the opposite for the rest of our lives, shall we?

- don't feel bad
- replace the loss
- grieve alone
- just give it time
- be strong for others
- keep busy

Copied from Martha Creek newsletter



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief