

# Facts on Grief and the Older Adults

## Tips for Grieving Older Adults:

- ▶ Talk about your feelings. Not expressing feelings will keep you from being able to work through what has happened. Talking to others relieves stress.
- ▶ Get plenty of rest and exercise. Eat well and avoid excessive drinking.
- ▶ Spend some quality time with your family. Encourage your children to express their feelings.
- ▶ When you feel comfortable go back to your normal routine.
- ▶ Try to do relaxing and soothing activities.
- ▶ Recall other times when you have experienced strong emotions and how they were resolved.
- ▶ Do positive things that will help you gain a greater sense of control (for example donate food or clothing).
- ▶ Whenever you feel overwhelmed by the disaster, ask for help. It is not a sign of weakness. Talk with a trusted relative, friend, social worker or clergy member.

## Try avoiding or limiting:

- ▶ The amount of cigarettes you smoke during the course of an average day.
- ▶ The amount you consume of any form of medication or chemical substance (including alcohol) to help you sleep.
- ▶ The amount you consume of any form of medication or chemical substance (including alcohol) to reduce your anxiety or just calm you down.
- ▶ Bringing home work that was meant to be done at your place of employment.



## "When will I stop crying?"

Though it may be hard to foresee, eventually the tears will end. It is okay if you experience moments of sadness and tears whenever you hear a favorite song, smelling a remembered fragrance, or doing something you used to enjoy together.

### Normal Grief

Responds to comfort and support.  
Often openly angry.

Relates depressed feelings to loss  
experienced.

Can still experience moments of  
enjoyment

May have irregular physical pains

For services in your area, contact:

### Clinical Depression

Does not accept support.  
Irritable and may complain but  
does not directly express anger.

Does not relate feelings to a  
particular loss

Exhibits an overall sense of doom

Has chronic physical complaints.