

Give Yourself Permission to Grieve



PRINCE GEORGE

HOSPICE

PALLIATIVE CARE
SOCIETY

Cultural Beliefs

Our society has been taught that grief is something to “get over.” That we grieve for a few days or maybe months and then it’s time to get on with it.

That is not how it works. Grief has its own timeline. Permit yourself to take as much time as you need. Our society believes that there are stages or steps for grief, and everyone grieves in the same way.

We are all unique and grieve in unique ways. Give yourself permission to be yourself as you move through this difficult time.





We seek support
because we are brave
and strong and are
willing to have our
needs met. Hospice
is here to help.

Give Yourself Permission to Feel

The feelings that arise during grieving can be uncomfortable. The emotions can be intense and overwhelming. When we lose someone we love, our world changes. As we begin to realize, to experience these changes, all sorts of emotions will arise. We are creating a new normal, and this will stretch you in ways you have never experienced before. Change in routine can cause anger, sadness, fear, even helplessness.

We are wired to resist these emotions and believe that they are somehow wrong. It is normal to feel a mix of emotions during this time.

It takes more energy to resist or to push these emotions away than it does to allow them to be there. If you can let that wave wash over you, it will move through in a healthy way.



Give Yourself Permission to Soothe

Be gentle with yourself as you grieve. Hold yourself with compassion. Give yourself permission to be as kind to yourself as you would to your best friend.

Self-care is crucial at this time. This can be a phone call to a friend, or a reflective journal, or a walk, or eating healthy food. Honour yourself at this time.

The Prince George Hospice Palliative Care Society does not provide counseling services; we have a team of highly trained and experienced grief support workers. However, they are not certified counselors.



CONTACT

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Hospice ...

*it's how we care, not
where we care.*