



## We are Here to Help

East Bay Bereavement Manager (510) 613-2092  
San Francisco Bereavement Manager (650) 808-4603  
South Bay & Peninsula Bereavement Mgr (408) 773-4329

**Grief services** are made possible through generous donations to Pathways Hospice Foundation from the community. For information about all of Pathways services, volunteering or how to make a donation, call:

888.755.7855

or visit

[www.PathwaysHealth.org](http://www.PathwaysHealth.org).



Pathways Home Health & Hospice  
585 North Mary Avenue  
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# Pathways

*Through Grief*

Pamphlet one of a four-part series to support your healing as you grieve.



# The Roller Coaster

## A Metaphor for Understanding Grief

People who are grieving often describe feeling like they are on a roller coaster. Anyone who has experienced a loss may relate to the unnerving ups, downs, twists, and turns of a roller coaster ride. As we grieve during and after the death of a loved one, we may feel numbness or anxiety, shock or fear, nausea or exhaustion. Confusion, denial, or disorientation are also common. Still others feel anger, relief, acceptance, or even exhilaration. With emotions changing from moment to moment, it's hard to know what's around the next turn. It may feel as though life has turned upside down—that we are on a roller coaster.



## About Grief

The first months after the death of a loved one may be filled with mixed and intense emotions. You may feel flooded with sadness, guilt, shock or a sense of being in a fog. The flood of emotion may recede quickly, followed by numbness. This confusing mixture may be exhausting. The exhaustion is known as “grief fatigue,” a feeling of not having the energy to do things you used to do. Many bereaved people say this mixture makes them feel as though they are crazy. These feelings are all normal. So be gentle with yourself as you grieve.



## Helping Yourself to Heal

There is no “right” way to grieve; we each grieve in our own way. Grieving is not done in linear stages or an established pattern. It is a process that we move through. Some people need to talk more and some less, but most search for meaning in their loss. We may ask, “why now, why him, why this way...?” There may be no answers to these questions, but the

search is part of the healing process. For many, finding a safe place to look for meaning will be important.

Most of us do not “get over” a loved one’s death, find “closure” or “resolve” our grief. We do get better at coping as we accept the process of grief. Find safe people you can share with and who will support you. Let yourself mourn, cherish memories, and memorialize the person whose life is over. In remembering and honoring the love we have for those that have died, they remain a part of us and we can find meaning.

Take care of yourself now. Eat, rest, exercise, reach out, reach in and visit your doctor if needed. Again remember to be gentle with yourself. This is a journey that you cannot rush.

*“What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us.”* Helen Keller

## Our Services

*are open to Pathways families and the community and are free of charge.*

- ❖ Grief support groups for all ages and losses
- ❖ Individual counseling
- ❖ Community remembrance services
- ❖ Holiday support workshops
- ❖ Educational workshops
- ❖ Grief information