

Falling Apart

**I seem to be falling apart.
My attention span can be measured in seconds.
I cry at the drop of a hat.
I forget things constantly.
The morning toast burns daily.
I forget to sign the checks.
Half of everything in the house is misplaced.
Feelings of anxiety and restlessness are my constant companions.
Rainy days seem extra dreary.
Sunny days are an outrage.
Other people's pain and frustrations seem insignificant.
Laughing, happy people seem out of place in my world.
It has become routine to feel half crazy.
I am normal, I am told. I am a newly grieving person.**

By Eloise Cole

These are the feelings and behaviors many newly grieving people experience. It is important to know they are very normal reactions to the death of a loved one. It is also important to know that they will eventually lessen in intensity; slowly but surely. As painful as your loss may be now, there are some things that can help you adjust to your new world and appreciate what life has to offer you.

- Seek out people and resources who will listen and care.
- Set a goal that is new and interests you.
- Try not to please everyone.
- Focus on people who love you and who need your love.
- Maintain adequate nutrition and exercise daily.
- Maintain rest patterns.
- Notice the good and peaceful moments you have.
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- For more information, contact Cedar Valley Hospice office or visit cvhospice.org. Waterloo: 319.272.2002