

When coping with loss, know your limits

*****SOT*****

Rita Manning, pastoral care professional and bereavement coordinator for OSF Hospice

“People need to know it’s OK if they leave for a moment to see if they can get themselves collected. If not, say ‘I’m going to bid my farewells and go home.’” (:13)

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Rita Manning, pastoral care professional and bereavement coordinator for OSF Hospice

“Death does not kill the love you have for the departed person. That’s the struggle, the process we’re in. Learning to live with this loss. That doesn’t happen overnight.” (:13)

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“If we don’t talk about it, it’s like the elephant in the room. Often, grieving people like to hear stories and memories. It helps to know you had that relationship and you’re missing them too.” (:21)

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“The bereaved are going to be in a fog for a while and not know exactly what they need.” (:07)

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“Balance their time. Find time to have those moments of grief but also time to be busy.” (:08)