



## *Dear family of the late*

As we remember the passing of your loved one, let us together, remember the joyous and challenging moments. Let us remember their warmth and garner strength from the wonderful memories. Let us also continue to remember our adoration and love for them, then and now and many tomorrows.

While we remember and celebrate our loved one, I know that you are still grieving your loss and we all express our grief in different ways. And no matter which way, our journey of dealing with loss is very personal and it is no less painful. It is like the ebbing and flowing of the tide, some days are good, some days are not so good.

I lost my son Thaddeus in 2007, when he was 17 years old and he would have been 33 years old, if he were around. How did I cope? It has not been easy, even though it has been 16 years. We still grieve, but we also rejoice that we now have an angel in heaven. My faith has helped me tremendously. I pray a lot and we still talk about Thaddeus all the time, openly and also during my quiet times. I also keep a journal and record any thoughts I have about him. Thaddeus is in a better place and so is your loved one.

We remember our loved ones, the precious moments and laughter shared together. No one can take away these beautiful memories from us and they will always be etched in our minds. Take heart, time will heal, it does get better. You are not alone, we have each other because we are part of a community brought together through the last season of life.

Chinese Philosopher, Lao Tzu said “Being loved by someone gives you strength, while loving someone deeply gives you courage.” Let this love be the hope that lights your path in moments of darkness. Every journey begins with a first step. Today let us all start with that single step in our journey of healing. Let our love continue to grow big and strong in our hearts and homes, just like a sunflower, so that it too may become a source of light and hope for others around you.

Do take good care of yourself and be strong!

Yours sincerely

*angie*





**HCA CAREs**  
Connecting and  
Remembering  
Experiences with you

# Chapter 1. Farewell & Self-Care



**On days you need a listening ear, you can  
email [pss@hcahospicecare.org.sg](mailto:pss@hcahospicecare.org.sg) or  
call / WhatsApp to 9789 9217  
to connect with a staff from HCA.**

**(Mondays to Fridays, 9am to 5pm.  
Except public holidays.)**



**Please let us know via this QR code how best to reach out to you (e.g. prefer to change to soft copy via WhatsApp or email), or to unsubscribe from this service.**





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Chapter 1.  
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# *Is what I'm experiencing normal?*

## Common grief reactions in adults

**Feelings:** Sadness, anxiousness, fear, guilt, self-blame, loneliness, loss of enjoyment, anger, shock, numbness, relief

**Bodily reactions:** Loss of appetite, loss of energy, sleep disturbances, breathlessness, indigestion

**Behaviour:** Agitation, restlessness, fatigue, crying, avoiding or seeking situations that may trigger grief, 'searching' for the deceased

**Thoughts:** Yearning for the deceased, pre-occupation with thoughts of the deceased, hopelessness, sense of disbelief and unreality, difficulty concentrating



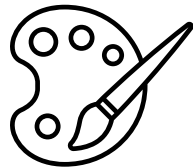
# *Tips to cope with grief*



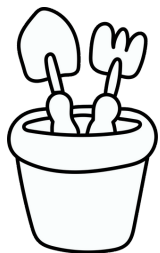
Eat well, and try to get enough rest and sleep.



Seek and accept support from others.



Express your grief through writing, painting, or telling someone about it.



Carry on your usual activities or try a new activity that can be done alone or in a group.

(e.g. gardening, exercising, exploring Singapore)





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**Self-Care**

# *Be kind to yourself*

Grief is painful, but know that there is one person capable of offering you comfort 24 hours a day and seven days a week.

**That person is YOU.**

Try this self-care practice:

Place one hand on your heart and the other hand on your cheek. Say to yourself

**“I care about you. I am with you in this.”**

Treat yourself as you would treat a beloved friend, in word, thought and deed. Give yourself space to feel the pain of grief and also give yourself permission to take a break when you need it.

**As you bid goodbye, please be kind to yourself.  
What can you do to take care of yourself?**

**Today, I will take care of myself by**

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**Pen down a self-care tip here**



**Pin this on your mirror or fridge to remind yourself every day**



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*"You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly—that still hurts when the weather gets cold, but you learn to dance with the limp."*

**- Anne Lamott, American writer**



**Some people may need more time to grieve and some support to get through their loss. That is perfectly all right.**



# *Where to Seek Help*

## **HCA Bereavement Hotline**

For individuals impacted by the loss of their loved one who was cared for by HCA  
[pss@hcahospicecare.org.sg](mailto:pss@hcahospicecare.org.sg) / Tel: 9789 9217

## **mindline.sg**

A digital stress management platform

## **Viriya Community Services**

For individuals and families impacted by loss  
[griefsupport@viriya.org.sg](mailto:griefsupport@viriya.org.sg) / Tel: 6256 1311

## **Samaritans of Singapore (SOS)**

For those having suicidal thoughts  
Tel: 1800-221-4444 (24 hours)

