

Dear family of the late

In a recent conversation with another bereaved individual who lost his wife ten years ago, he shared the analogy that “grief is like rheumatism”. I raised my brows at the initial thought of it, but then it started to make sense to me.

You generally remain well and independent and over time, you master various ways to adjust to life again. Yet on some days – like how rheumatism acts up when it’s about to rain – grief hits you hard and the pain is no lesser than when it all first started. So, you learn to live with it. It becomes a part of your life and you grow to accept, that there will always be good days and not so good days.

I look back at the past two years. since I lost my “shero”: my mom and my favourite person in this world. There are still moments when it feels like it was just yesterday, that I said goodbye to her.

The pain of losing her, will always hurt to some degree. Every so often, I just want her back here, right next to me. But in the void left by that impossibility, I stand amazed too – at how she is both nowhere, yet everywhere.

She is in our hearts, in our homes and in the photos we place above the piano. She is in family conversations, prayers and the decisions we make. Somewhere in between, someone would blurt out “What did Mom use to do in such situations?” or “Oh yes! Mom used to tell me this and that.”

She is present in the way I’ve now come to appreciate life and when I stand unafraid, remembering how she taught me courage, in the face of adversities. She is in the moments I lift my eyes to the skies; the clouds in the day and the stars at night, reminding me that somewhere out there, someone is watching over me.

She is the reason I’ve now grown to be more patient and more compassionate. She is why I choose to live life well and with a smile. Her words: “Girl, I want you to carry on” echo loudly in my ears. She is both nowhere, yet everywhere, within and around. And this is the softest kind of strength, that I have found through grief.

I heard this song recently, and I would like to share it with you: Visiting Hours by Ed Sheeran.

The journey ahead may no longer carry our loved one’s footprints. But in more ways than one, we’ve kept a part of them with us. Their legacy will continue to live on, in those they love.

And so from here on, everywhere I am, there Mom will be.

A fellow traveller in this journey of grief,

Candice



HCA CAREs
Connecting and
Remembering
Experiences with you

Chapter 4. Legacy & Hope

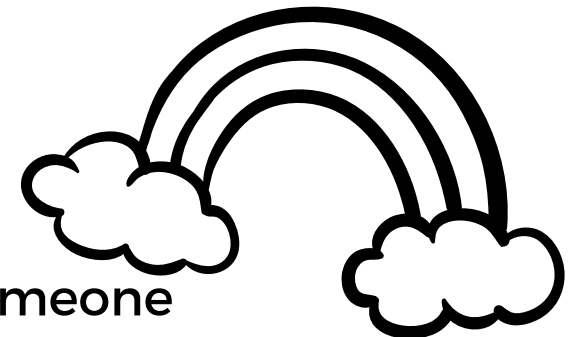
**The legacy of your loved one lives on.
Their values, spirit and love.**

Your gift to me was

Pen down something you learnt/gained/received from your loved one

and it helped me to

Keep this note somewhere close to you or share it with someone





HCA CARES
Chapter 4.
Legacy & Hope

"The reality is that you will grieve forever. You will not "get over" the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to."

- Elizabeth Kubler-Ross, psychiatrist & writer

*While there is no specific timeline to grieving,
there's a difference between grief and depression.*

Knowing When to Seek Help

If you have concerns about your health or mental well-being, or your grief is affecting your daily life (e.g. relationships, school or work), consider visiting the nearest polyclinic for a doctor's assessment and referral, or connect with a professional from the list of resources we have provided.



Approaching special occasions

Birthdays, festive holidays and anniversaries can be difficult. It is natural to feel the absence of your loved one more on these days, and re-experience some of the initial grief reactions. Whether you choose to mark your loved one's life on these special days or let it pass quietly, know that there is no right or wrong when it comes to mourning.

Some coping tips:

- 1. Share with friends and family what you need and ask for support.*
- 2. Visit your loved one's final resting place or places where special moments were shared.*
- 3. Engage in an activity in memory of your loved one (e.g. write a letter, cook their favourite dish, light a candle or make a donation in their name).*
- 4. Continue traditions that you enjoy and do away with those that you don't. You can also consider coming up with new traditions for these occasions.*

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 / Tel: 9789 9217

mindline.sg

A digital stress management platform

Viriya Community Services

For individuals and families impacted by loss
griefsupport@viriya.org.sg / Tel: 6256 1311

Samaritans of Singapore (SOS)

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



We have come to the last chapter of HCA CAREs.
Thank you for giving us the privilege of walking
with you and your loved one on this journey.



HCA CAREs



May you find comfort in knowing that we stand as one
community, a common traveller in this journey of grief –
as we live on with courage and hope, holding on to the
memories, love and legacy of our loved ones.