

## Supports in My Life

When you lose a loved one, there is sometimes a temptation to stay away from people you've been close to or from organizations you belong to. Grief does tend to put you in an 'antisocial state'. However, reaching out to others is important to your health and healing. The grief journey will be more difficult if you try to go it alone.



List below the people and organizations that are supportive to you:

### People Who Are Close to Me

Immediate Family Members:

Other relatives:

Neighbors:

Friends:

### Others in the Community

Clergy:

Counselor:

Co-workers:

### Organizations

Faith Communities:

Athletic/Recreational:

Clubs and Civic Groups:

Support Groups:

*Now look over the names you have listed. Does your support system seem adequate at this time? If not, what more is needed? How could you help to make this happen?*

*People who care about you are willing to help. It is especially helpful if you are specific in your requests.*



**Hospice Bereavement Services: 845-561-6111 [www.Hospiceoforange.com](http://www.Hospiceoforange.com)**