



Reconnecting to Life and Our Purpose

Reconnecting, trusting, and being open can help you begin to heal.

Isolating, shutting down, and feeling guilt can make grief linger longer. Reconnecting, trusting, and being open can help you begin to heal.

We often feel lost after the death of a loved one, the future now seems unclear or thrown off course. This prompts us to ask ourselves... What is my purpose? What gives my life meaning now?

Questions to Consider

Start from the beginning.

What did you enjoy doing as a child? What were you told you were good at? When we are children, we are drawn to things for the sheer joy of them.

Try something new.

We need to try things on to see how they fit our lifestyle and personality. This creates a sense of adventure and self-discovery. Consider a new group, a community center, a garden or book club, volunteer, join a bowling league, take a continuing education course, or try a new hobby. Maybe you have always wanted to learn the guitar. It is never too late to take your first group lesson!

Increase your social circle.

We are social creatures. Increasing our social network sometimes reminds us what we enjoy doing. Engaging with others sparks our creativity, introduces us to new ways of thinking, and encourages us to try new things.

What brings you joy?

Researchers have speculated that 50% of happiness is based on genetic predisposition, 10% is based on life's circumstances, and the last 40% of happiness is intentional. This means we must intentionally "do" something to create feelings of happiness. It requires work and action; it is not a passive process. When was the last time you had a belly laugh? Be intentional about feeling moments of joy.

"Grief is in two parts. The first is loss. The second is the remaking of life." — Anne Roiphe



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