

BRADSHAW

Grief Resource Center

HEALING THE HEART®

"Providing education and support at a time of loss"

JULY/AUGUST/SEPTEMBER 2016

SIX WEEK INFORMATIONAL SERIES

BRADSHAW FUNERAL & CREMATION SERVICES:

HIGHLAND

671 Snelling Avenue S
St. Paul, MN 55116
651.698.3878

HUMBOLDT

488 Humboldt Ave
St. Paul, MN 55107
651.222.8597

MINNEHAHA - S MINNEAPOLIS

3131 Minnehaha Ave S
Minneapolis, MN 55406
612.724.3621

RICE - NORTH END

1078 Rice Street
St. Paul, MN 55117
651.489.1349

STILLWATER - EAST METRO COLUMBARIUM & MEMORIAL GARDEN

2800 Curve Crest Blvd
Stillwater, MN 55082
651.439.5511

WHITE BEAR - NORTH SUBURBS

4600 Greenhaven Drive
White Bear, MN 55127
651.407.8300

Transforming Grief Into Growth™

This six week educational series offers individuals and families insights, understanding, tools needed and support through the grief process. Various topics will be discussed ranging from: what is mourning, understanding our emotions, four tasks of grief, goal setting as well as learning to rebuild our lives. It is important that you attend all of the sessions.

Please allow yourself four weeks after a death before attending this group. After the second meeting, the group becomes closed. The group is free of charge and will meet at the following locations for six weeks.

Stillwater Location Starting on Monday, August 1st at 6:30 p.m.

White Bear Location Starting on Tuesday, August 2nd at 11:00 a.m.



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Healing Loss: The Difference Between Grief and Depression

by Dr. Judith Orloff

Depression is an emotion to be consciously transformed; grief is a reaction to loss that can transform you. Loss comes in many forms: the death of a loved one, a pet, a job, a relationship. It's a stripping away of a potent connection, leaving an aching emptiness inside. Despite grief's agony, try to let it flow rather than attempting to change it or get it over with. Unlike depression's emotional inertia, grief has an inherent healing trajectory that seeks to resolve itself. Choking grief off inhibits this forward motion and leads to depression. As I can attest, if we don't shut down, grief can ultimately open the heart.

Depression can be a healthy stage of grieving, but people can get stuck there. What complicates grief is when it taps into early traumas or losses that contributed to depression. A chronically ill parent; a volatile divorce; death of close relative or friend. Your current grief is compounded by depressions that preceded it. Tip-offs that this is happening include: (1) Grief becomes mired in depression rather than evolving or resolving. (2) Old traumatic memories intrude on the present; you can't get them out of your mind. In such cases, it's imperative to obtain psychological assistance so you don't become lost in the limbo of these feelings. Beyond this, stay aware of ingrained, depression-related negative beliefs that may get reactivated by the current loss.

I know how easy it is to become cynical or hopeless, particularly after the tragic loss of an innocent. But emotional freedom necessitates fighting not to give up. When you lose irreplaceable relationships, there will be gaping holes in your life. True, some things may never be the same. However, your future holds the promise for other rich bonds with other amazing people. Your dear ones who've gone don't want you to stop loving. During grief, if old beliefs associated with depression surface, be kind to yourself, but seek the help you need to combat hopelessness.

In many patients and friends, I've seen grief catalyze an intuitive opening. Coping with death, in particular, tunes you into instinctual knowledge organically tied to the passage. Even if you've never considered the possibility of an afterlife before now, that question may become eminently relevant. Loss stimulates a part of you that you may long to know. When grieving, notice any intuitions that lend insight. Pay special attention to dreams. After the passing of loved ones, it's been commonly reported that they appear in dreams to assure us they're alright. They know how much we worry. What's striking is that the departed look younger, healthier, happier, no longer sick or in pain. Recently, I had one such dream following the death of Jim, a psychiatrist who'd been my savior as a teenager. He'd been suffering from cancer for months, which finally claimed him. I was moved that his wife invited me to the memorial service.

Afterwards, I dreamed:

I'm in Jim's home with his family. Jim is there too, but I'm the only one who can see him. He looks like himself, not at all a haunting specter. I ask: "Jim, are you dead?" He just smiles and says, "I don't really see it that way!"

I awoke smiling too. Dreams about death are often conveyed with the lightness of cosmic humor to allay our worries. Intuitively, they enable us to see that despite death's physical finality, the spirit endures. Knowing this is enormously therapeutic when dealing with grief and in continuing a meaningful life. It may not console the part of you that needs a hug from those you've lost, but it's feedback that they're fine. We all die with our music in us and keep making it as we move on—an incredibly hopeful certainty. Swami Muktananda said, "The only thing you lose when you die is your fear of death."

We, the grievers, have it much harder. Still, accepting loss as part of life's cycles eases your struggle with it. Unavoidably, there's one appointment we all must keep. Once we can accept death, our own and others', it puts the true nature of things into perspective, lets us savor every moment of our intimacies now. We can also more appropriately revere those who've passed without morbidity or trepidation. Acceptance of loss doesn't mean we like the idea of this sacrifice. But it does impart equanimity about such letting-go and a hopefulness about the longevity of love throughout time. Love never dies. It's what animates the light throughout infinity.

When facing loss, try to keep breathing deeply and trust the process as grief transforms itself and you. I picture grieving as riding the tail of a comet on its orbit compared to the downward arc of depression's stubborn gravity. Meanwhile, addressing old issues related to depression, as well as listening to intuition, enables you to psychologically work through grief and accept loss more easily.

This article was adapted from Dr. Judith Orloff's New York Times Bestseller "Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life" (Three Rivers Press, 2011). Judith Orloff, MD is an Assistant Clinical Professor of Psychiatry at UCLA, intuition expert and author.



The death of a child is the most painful grief anyone can experience. Not only does your child die but also a part of you dies as well. It is helpful to be around other parents who are dealing with the same type of loss. This group will give parents the opportunity to share feelings and learn how to cope with a death of a child. We meet the third Thursday of each month at 7:00 p.m. at our Stillwater location.

Social Activities: **BINGO AND PIZZA NIGHT OUT**

Saturday, August 20th and September 17th.

Join us for our pizza get together at our White Bear location on Saturday, August 20th and September 17th starting at 5:00 p.m. We begin with bunko then bingo. Cost for this activity is \$8.00 per person. Reservations required. Deadline is August 18th and September 14th. This activity is for widows and widowers.



ATTORNEY *to Speak*



As part of our continual support of our families, we are offering an informal evening on Tuesday, August 23rd at 6:30 p.m. at our Stillwater location. Craig Baumann from Woodbury will be speaking on the areas of estate planning, probate, wills and power of attorney. This has proven to be very insightful and helpful to our families who often times have many questions and concerns after their loved one's death. There is no cost to this program. **Please call 651-489-1349 by August 20th to register.**



Survivors of Suicide (SOS)

This group is designed for individuals and families who have experienced the death of a loved one through suicide. The group meets at our **White Bear location** the first **Thursday of each month at 7:00 p.m.**



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The Resource Center is directed by Tony Del Percio, Grief Counselor, and is available to all those who have experienced the death of a loved one. It is sponsored by Bradshaw as part of their community service and ongoing support following the funeral, at no cost. Services include support groups as well as various social activities. This newsletter is sent to families for a period of one year after a death. At that time if you would like to continue receiving our newsletter or have questions, please contact Tony at 651-489-1349.

To make reservations and sign up for a group, please call 651-489-1349 between the hours of 9:00 a.m. to 5:00 p.m., Monday-Friday, or email tony.delpercio@bradshawfuneral.com.



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