

## COPING WITH GRIEF

- Recognize that the grief you are experiencing is unique.
- Do not let others determine your grief experience or minimize your loss.
- Be assertive. Tell others what you need.
- Look for support from those who listen to you without being judgmental, allowing you to express your feelings with permissiveness and accept what you are going through.
- Allow yourself some negative feelings and uncharacteristic reactions.
- Try not to isolate yourself for long periods of time
- Realize that you do not need to fit this into your religious or philosophical framework immediately.
- It is normal to experience a wide range of feelings.
- Identify, accept and express all of your different feelings over the loss and its consequences.
- Many people find that writing out these feelings is a helpful first step of the process.
- Identify any unfinished business you had with the loved one you lost and search for appropriate ways to bring closure.
- Do not forget that even if it doesn't feel like it today your pain will subside at some point if you continue to work through your grief

## IMPORTANT NUMBERS

### FUNERAL DIRECTORS, HOMES & PRE-PLANNING

**Casillas Family Funeral Home**  
85891 Grapefruit Blvd., Coachella  
398-1536

**Cremations Services of the Desert**  
660 Vella Rd., Palm Springs  
778-2597

**Desert Transport Services**  
65881 5th Ave. Desert Hot Springs  
329-1113

**Forest Lawn Memorial Parks & Mortuaries**  
Toll Free 800-204-3131

**Rose Mortuary & Crematory**  
66424 Pierson Blvd., Desert Hot Springs  
251-7673

**Rose Mortuary & Crematory**  
Yucca Valley  
365-6645

**Trident Society**  
[www.tridentsociety.com](http://www.tridentsociety.com) FD1902  
72-116 Highway 111, Rancho Mirage  
837-9309

**Wiefels Desert Hot Springs Mortuary**  
66272 Pierson Blvd., Desert Hot Springs  
329-3530

### RIVERSIDE COUNTY SHERIFF

**Coroner**  
(760) 863-8311

### Chaplain Program

General Information 760-391-4037  
Fax 760-391-4036

**INDIO  
POLICE**  
Est. 1980

## CHAPLAIN PROGRAM



**“Our Community  
Our Commitment”**

### Indio Police Department

46-800 Jackson St.  
Indio, CA 92201  
Phone: 760-391-4057  
Fax: 760-391-4036  
[www.indiopd.org](http://www.indiopd.org)

It can be difficult to face reality when you experience the loss of a loved one.

Knowing that everyone is uniquely different helps explain that there can be many different reactions to grief.

It is important to understand that everyone experiences grief in their own way, that there is no timeline for grief, and that grief does not come in stages, but tends to be more cyclical in nature

**Shock:** When loss is sudden and unexpected, your body may go into shock. This is a normal “self-protection” reaction. Usually, it is for a brief period, depending on the severity of the loss and your emotional state of being at that time.

**Denial:** Because the loss is so devastating, you may refuse to accept facts, sometimes to the point of fantasizing that your departed one is still alive. This is a common occurrence, especially with a sudden loss.

**Emotional Release:** Your emotions may be manifested by crying, venting of feelings, mood swings, and in some cases, screaming. These and other feelings are a normal part of expressing your emotions.

**Depression and Loneliness:** You may experience thoughts of despair and occasional hopelessness. Knowing that these feelings are normal and will last (in most cases) for a brief period of time can be helpful.

**Physical Symptoms of Distress:** Recognize that your immune system is on overdrive during extreme stress. It is important to take care of yourself physically: Attempt to eat healthy foods, get some exercise and try to rest. It is not unusual to feel extremely tired and lethargic in the first days and weeks following the death of a loved one. Sugar and alcohol can add to feelings of depression.

**Panic:** Some people may occasionally experience panic attacks. You may feel something is very wrong with you, and perhaps even ask questions like “Am I losing my mind?” Talking

about and expressing your feelings can help.

**Guilt Feelings:** Guilt is a very common grief reaction. You may feel guilty about something you said or didn’t say, something you didn’t do. Even though you may realize there is nothing you could have done to prevent the death, you may feel guilty that you didn’t do “more” to save the person who died. If you are experiencing feelings of guilt, it is important to find a safe place to talk about it, without being talked out of it by well meaning friends.

**Hostility:** Feeling angry is not uncommon, nor is it unusual to be angry with the person who died. The important thing is to find ways to express anger in ways that don’t harm yourself or anyone else.

**Inability to Renew Normal Activities:** You may find that you just can’t get back to “business as usual.” Perhaps you may feel the need to withdraw from people for a period of time. Use this time of solitude to take care of yourself.

**Acceptance and Gradual Recovery From the Loss:**

Find comfort in knowing that your grief will not last forever. It is common for grievers to search for and find a new sense of wholeness and well-being.

**Readjustment to the New Realities:** This is realizing you are not your “old Self,” but there is a new situation ahead of you. You are beginning to live again.