



Spring 2019

352.249.1470  
(Citrus County)

386.454.0844  
(North Central Florida)

### Friends of Citrus and the Nature Coast

is a charitable organization providing community grief support workshops for anyone who has experienced a loss; telephone support; grief support resources for all ages; educational materials for parents and teachers; and children's grief support camps. Social support for widows and widowers is provided through the L.I.F.T. Program, sponsored by Dignity Memorial in Citrus County.

Herry's Kids Children's Services programs include Camp Good Hope and Teen Encounter grief support camps, which provide an honest, safe environment where kids can learn to talk openly about their loss and improve their ability to cope.

#### VISION:

To be a grief resource for people of all ages and stages of life.

#### MISSION:

To companion and empower people of all ages in their individual grief journey through supportive education and affirmation resulting in a life of purpose and meaning.



## Normal Reactions in Grief

Grief is the normal and natural response to losing someone or something. Yet, it can make its presence known by more than just an emotional feeling of sadness.

Grief can sometimes produce psychological and physical responses that we don't recognize, that those around us are alarmed by and don't understand, and that can be viewed as being downright bizarre.

The important fact to remember if your grief appears extreme is that you are most likely behaving in a manner which is typical of grief, and you are absolutely normal.

While not all grief-generated behaviors are healthy, and some may need to be changed, they are understandable, are not unusual and are part of your own individual grieving process that, over time, you will be able to move past.

Below and on side 2 are checklists of just some of the many behaviors and reactions that someone who is grieving may be experiencing. Mark the boxes that describe you, and review this list from time to time to see where progress has been made and where attention for healing may still need to be focused.

### I'm angry . . .

- at God and unable to find consolation in my faith
- at medical personnel for not doing enough or not having the technical ability to save my loved one
- at myself for not properly interpreting the warning signs, statements, etc.
- at the deceased for not taking better care of him/herself, for leaving me alone, for not making proper financial/legal arrangements, for dying
- at others for not understanding what I'm going through, for expecting me to "go on with my life," for not giving me the time I need to grieve
- that people can still laugh, that the world goes on, that holidays are not canceled, that I seem so alone in my grief

### I'm experiencing . . .

- a change in eating habits with significant weight gain or loss
- unpredictable, uncontrollable bouts of crying
- panic/anxiety attacks
- an increase in the use of alcohol, prescription drugs or street drugs to help me cope
- mood changes and irritability
- screaming for no particular reason

### I'm unable to . . .

- sleep without medication or I am sleeping all the time
- motivate myself to do the things I need to do
- concentrate or remember things

### I'm more . . .

- susceptible to colds, flu and other physical ailments
- irritated than usual
- fearful of being alone or with people, afraid to leave the house, afraid to stay in the house, afraid to sleep in the bed



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 Lecanto FL 34461  
 352.249.1470

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 High Springs FL 32655  
 18646 High Springs  
 Main St., Suite 40  
 High Springs FL 32643  
 386.454.0844



**Homosassa**  
 8471 W. Periwinkle Lane  
 Suite C  
 Homosassa FL 34446  
 352.621.1550

**Lecanto**  
 1581 W. Gulf to Lake Hwy.  
 (Hwy. 44)  
 Lecanto FL 34461  
 352.341.2220

### I'm feeling . . .

- frustration that friends call too much or not enough, don't invite me out anymore, seem to be pushing me into socializing before I'm ready
- guilty over little relationship issues which would not usually be a problem
- that the loneliness and "aloneness" are more than I can tolerate
- a desire to be with people who did not know the deceased, thereby giving me an opportunity to talk about him/her

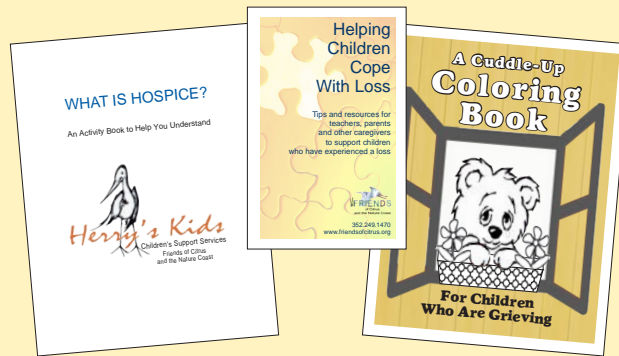
### I'm wanting to . . .

- "punish" something or someone for my pain
- talk about the deceased, but am fearful of "burdening" friends or family
- drive the car too fast and recklessly
- go out "looking for a fight"
- wear clothing, jewelry or other personal items of the deceased
- sell the house and move, give away all the possessions of the deceased, turn a portion of the home into a shrine (i.e., not change anything in the room after the death)

### Some Normal Grief Indicators

- |  |  |
|--|--|
| <input type="checkbox"/> Accident-prone        | <input type="checkbox"/> Irritability  |
| <input type="checkbox"/> Agitation             | <input type="checkbox"/> Loss of appetite  |
| <input type="checkbox"/> Alcohol or drug abuse | <input type="checkbox"/> Loss of interest in life  |
| <input type="checkbox"/> Anger                 | <input type="checkbox"/> Memory loss   |
| <input type="checkbox"/> Arthritis             | <input type="checkbox"/> Migraine headaches  |
| <input type="checkbox"/> Backaches             | <input type="checkbox"/> Moodiness   |
| <input type="checkbox"/> Blaming               | <input type="checkbox"/> Muscle tightness: face, teeth, neck, shoulders, back, stomach, thighs, calves, feet |
| <input type="checkbox"/> Breathing difficulty  | <input type="checkbox"/> Pounding and rapid heartbeat  |
| <input type="checkbox"/> Chest tightness       | <input type="checkbox"/> Preoccupation   |
| <input type="checkbox"/> Constipation          | <input type="checkbox"/> Sadness   |
| <input type="checkbox"/> Cramps                | <input type="checkbox"/> Sexual disinterest  |
| <input type="checkbox"/> Critical of self      | <input type="checkbox"/> Sleeping much   |
| <input type="checkbox"/> Depression            | <input type="checkbox"/> Stomachache   |
| <input type="checkbox"/> Diarrhea              | <input type="checkbox"/> Sweating  |
| <input type="checkbox"/> Dizziness             | <input type="checkbox"/> Tearfulness   |
| <input type="checkbox"/> Errors in judgment    | <input type="checkbox"/> Trembling or twitching  |
| <input type="checkbox"/> Fainting spells       | <input type="checkbox"/> Weight gain   |
| <input type="checkbox"/> Forgetfulness         | <input type="checkbox"/> Weight loss   |
| <input type="checkbox"/> Grinding teeth        | <input type="checkbox"/> Withdrawal from relationships   |
| <input type="checkbox"/> Guilt feelings        | <input type="checkbox"/> Worrying  |
| <input type="checkbox"/> Hands cold            |  |
| <input type="checkbox"/> Hay fever             |  |
| <input type="checkbox"/> Heart rate increased  |  |
| <input type="checkbox"/> Indigestion           |  |
| <input type="checkbox"/> Insomnia              |  |

## Grief Resources for Children, Parents and Teachers from Friends of Citrus and the Nature Coast



352.249.1470 (Citrus County) or 386.454.0844 (North Central Florida)

### Grief

*is the normal and natural response to losing someone or something.*

**Memorial opportunities** include the annual **Tree of Remembrance**, **Renewal Memorial Services**, memorial stones, plaques, Veteran's recognition and **Tree of Loving Memory** leaves.

For information about services or to donate,  
 call **352.249.1470** or **386.454.0844**;

or visit **www.friendsofcitrus.org** or **Friends of Citrus** on Facebook.

Friends of Citrus and the Nature Coast, Inc. Registration No. CH1413

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All of the programs and services offered by Friends of Citrus and the Nature Coast are totally dependent on donations and fundraising.  
[www.friendsofcitrus.org](http://www.friendsofcitrus.org)

