

Following the Loss of a Loved One

The First Days



Grief is different for everyone. There is no right or wrong way to grieve. You may experience many emotions. Shock, denial, anger, bargaining, acceptance and more.

We are thinking of you as you walk through these first days. Your feeling of loss may be overwhelming right now. That is normal. You may be in shock the first days after the loss of a loved one. Unfortunately, this is the time you have to make decisions about final arrangements.

If you have chosen a funeral home, the funeral director will likely walk you through many of the initial decisions and plans. They will also provide you with the death certificate you will need when you apply for benefits, close accounts and handle other matters.



Loss of a Loved One

Your friends and family may offer to support you in their own way. Accept any help that feels right for you. This could be cooking, cleaning, doing household duties, or helping you with decisions and arrangements. People may want to help you as walk the journey of loss and grief.

It is important that you make the final arrangements during this time. This might mean deciding on cremation or burial and whether to have a viewing or not. It might also include deciding on a eulogy, what songs to use, what verses to read, how to display pictures and other personal considerations, all things the funeral director will work with you on deciding. Just remember that this is the service to honor your loved one and your decisions are important. You will not be alone in this process.

After the service is over, you will decide what to do with your loved one's possessions. You should do whatever you feel is best in your own timing. When you are ready, you will know what to do. Trust yourself. If you cannot get back to some sense of living within several months, you might want to seek professional help. You will find a list of resources in this packet that can help you.

We are here for you.

