



What to Expect  
When You are Grieving

Montgomery  
Hospice  
Bereavement  
Care

## ***Grief can be painful, overwhelming and even frightening.***

As you grieve, you may worry about your reactions and wonder if your feelings are normal. The bereavement counselors at Montgomery Hospice are professionals who have talked with hundreds of people coping with grief and loss. The most important thing to remember is that there is no “one way” to grieve. However you grieve, your thoughts and feelings are appropriate for you.

*I had no idea what to expect after my mother died. I was surprised and embarrassed by some of my thoughts and feelings, but my bereavement counselor was always there to listen, accept and affirm what I said. It helped to know that my counselor had heard some of this before and assured me that I was not going crazy.*

daughter of a Montgomery Hospice patient





You may have unusual sensations or experiences:

**Tightness in the throat**

**Heaviness in the chest**

**Loss of appetite**

**Mood swings**

**Sensing your loved one's presence**

**Hearing your loved one's voice**

**Extreme forgetfulness**

**Excessive fatigue**

**Insomnia**

It may be a relief to learn what others have thought and felt, so we offer this information to help you understand what you might experience as you grieve.

You may feel a variety of emotions:

**Sadness or depression that comes and goes unexpectedly**

**Anxiety about life without your loved one**

**Guilt or anger over things done and said, or things not done and said**

**Gratitude that your loved one's suffering is over**

**Anger that God or any spiritual entity could allow this to happen**

**Denial that the loss actually happened**

**Relief that you no longer have to be concerned**

Or you may find yourself acting in unusual ways:

**Crying at unexpected times**

**Overeating to fill the emptiness**

**Wandering aimlessly**

**Assuming the mannerisms or traits of your loved one**

**Exploding in anger**

**Protecting others by not talking about your feelings**

**Telling and retelling stories about your loved one**

The counselors on the Montgomery Hospice Bereavement Care team emphasize that these thoughts, feelings, experiences and behaviors are common among people who are grieving.



If you would like to talk, our counselors are available for phone counseling weekdays from 9:00 a.m. to 5:00 p.m. We also offer support through grief groups and workshops and through regular mailings of self-help materials. We offer referrals to other professionals as needed.



Our support is available to families of patients who were cared for by Montgomery Hospice, as well as all grieving persons who live or work in Montgomery County. To learn more about grief or to find a support group through Montgomery Hospice, go to our website at [www.montgomeryhospice.org](http://www.montgomeryhospice.org) or call our Bereavement Care counselors at **301 921 4400**.

*to gentle the journey through serious illness and  
loss with skill and compassion*

## Montgomery Hospice Mission

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Montgomery Hospice is a nonprofit, medical hospice that has served patients at the end of life and their loved ones since 1981. We offer services throughout Montgomery County, but are independent of the county and state government.

We care for patients at the end of life regardless of their ability to pay. Our work is funded by generous gifts from local residents, businesses and civic groups, as well as by Medicare, Medicaid and private insurance.

Montgomery Hospice Foundation raises and manages the funds that make the work of Montgomery Hospice possible.

Every year, seriously ill and grieving people throughout Montgomery County find comfort through our *Hospice at Home* service, *Casey House* inpatient facility, and our *Bereavement Care* program.

Joint Commission  
on Accreditation of  
Healthcare Organizations

Medicare and Medicaid certified

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