

# ***Falling Apart***

*“What we have once enjoyed and deeply loved we can never lose,  
for all that we love deeply becomes a part of us.”*

- Helen Keller

**I seem to be falling apart.  
My attention span can be measured in seconds.  
I cry at the drop of a hat.  
I forget things constantly.  
The morning toast burns daily.  
I forget to sign the checks.  
Half of everything in the house is misplaced.  
Feelings of anxiety and restlessness are my constant companions.  
Rainy days seem extra dreary.  
Sunny days are an outrage.  
Other people’s pain and frustrations seem insignificant.  
Laughing, happy people seem out of place in my world.  
It has become routine to feel half crazy.  
I am normal, I am told.  
I am a newly grieving person.**

**By Eloise Cole**

Continued on back

## ***Change of Address***

You didn't die you just changed shape  
became invisible to the naked eye  
became this grief  
it's sharpness more real  
than your presence was  
before you were separate to me entire to yourself  
now you are a part of me  
you are inside my self  
I call you by your new name  
'Grief...Grief! '  
although I still call you 'Love.'

By Dónall Dempsey

These are the feelings and behaviors many newly grieving people experience. It is important to know they are very normal reactions to the death of a loved one. It is also important to know that they will eventually lessen in intensity; slowly but surely.

As painful as your loss may be now, there are some things that can help you adjust to your new world and appreciate what life has to offer you.

- Seek out people and resources who will listen and care
- Set a goal that is new and interests you
- Try not to please everyone
- Focus on people who love you and who need your love
- Maintain adequate nutrition and exercise daily
- Maintain rest patterns
- Notice the good and peaceful moments you have

*For more information, contact your nearest Cedar Valley Hospice office or visit [cvhospice.org](http://cvhospice.org).*

**Waterloo:** 319.272.2002

**Waverly:** 319.352.1274

**Independence:** 319.334.6960

**Grundy Center:** 319.824.3868

**Toll-Free:** 800.617.1972

*NOTE: On behalf of the Cedar Valley Hospice Grief Support Services Program, grief mailings are sent for 13 months following a death on our hospice program. These mailings offer additional support and advice to help families on their grief journey. If you would prefer to not receive these mailings, please let us know by calling Nathan Schutt at 319.272.2002.*