



COPING WITH GRIEF DURING WINTER

Grief can feel intensified during winter for many reasons. Practically speaking, reduced sunlight during the winter months can affect your hormone levels, disrupting Vitamin D regulation, serotonin, and melatonin. Remember: it's completely normal to notice some mood fluctuations this time of year.

Some people find that the actual winter weather mirrors emotions reminiscent of grief. For example, cold and darkness may symbolize what's happening inside you. This may be particularly heightened if you're experiencing ambiguous or complicated grief.

If you need extra care and support with your grief please reach out to our Hospice Bereavement Counsellors for support and advice: 7537830. For more urgent support:

Te Whatu Ora Mental Health Assessment & Brief care team. 0508 292 467. 24/7.

Lifeline Aotearoa
0800 543 354

1737. Call or text if feeling overwhelmed, anxious or down. NZ Telehealth Svcs.

GP / Primary Connections. If you require counselling support, you may be eligible for up to 4 free counselling sessions through your GP.

Suicide Crisis Helpline - 0508 828 865

Youthline - 0800 376 633 or txt 234. Available 24/7.

Understand the Uniqueness of Your Grief

Your grief is personal and unique. It is normal for others to react differently to loss. Embrace your individual process.

Embrace the Emotions for What They Are

No matter what, all your emotions are valid right now. Lean into your emotions without dismissing, numbing or intellectualising. Be kind, soft and quiet with yourself.

Memories are Yours Forever

Don't expect the memories to fade. Cherish them as they are yours for as long as you like. Find a notebook, journal your memories and moments, collate photos into an album that is special to you.

Turn to Your Creature Comforts

Seek direct sources of warmth like long baths, warm meals, heated blanket or cozy clothing. These are acts of self-love and can have a calming effect on your central nervous system.

Stay Connected to Grief Support







Utilise the support around you. Talk to people you can trust and let your emotions out. It's okay to seek help and not expect too much from yourself. Join a support group

Think before acting

Keep safe, avoid taking risks, eat well and stay active. Avoid making hasty, major decisions.

Good Days & Bad Days are OK

Understand that there will be good days, and bad days, and you will get through them. Talk about your memories, worries, feelings and thoughts.

-  Guided grief meditation
-  Invest in a grief journal / notebook
-  Arts therapy
-  1:1 Therapy
-  Join a bereavement support group.
-  Join a Facebook grief support group / page

For more Details:

<https://hospicetaranaki.org.nz/my-care/support-guidance/for-patients-families-whanau/>

Heart of Hospice

"it did not matter what time of day or night it was, you were only a phone call away. We are blown away with everything you did for us, and are still doing for my family even after our loved ones passing"

Patients Whānau

Hospice Taranaki
Te Kahu Pairuri ki Taranaki

CONGRATULATIONS

Ticket Number
320

WINNER OF THE 5K CASH PRIZE RAFFLE = D.W

Thank you to everyone who supported this raffle!

Wendy & Craig Fleming for not only donating the cash prize but for providing beneficial support to make this raffle such a success.

Raffle Angels- your tireless energy in all weathers and selling ALL the tickets was an amazing result.

YOU - the Taranaki community for your unwavering support! We couldn't do it without you.