

UNDERSTANDING

Anticipatory Grief



The normal mourning process that occurs when your loved one is still living and you are expecting his or her death. This type of grief reaction commonly occurs when someone has been diagnosed with a terminal illness or has been dealing with a chronic illness for a long period of time.

Signs of anticipatory grief

- Sadness/tearfulness
- Irritability/anger
- Fear/anxiety
- Loneliness
- An overwhelming desire to talk.
- Guilt
- Intense concern for the person dying.
- Physical problems such as trouble sleeping, fatigue, memory issues, or difficulty concentrating.

Coping with anticipatory grief

- **Share your feelings openly.**
- **Express your fears** and emotional pain.
- **Focus on the time you have with your loved one now.** Continue making new memories by enjoying activities such as family traditions or gatherings.
- **Be prepared** by seeking out resources such as hospice, chaplains, counselors, support groups, and helpful books or blogs.
- **Take care of yourself** by getting enough rest, eating healthy foods, and engaging in hobbies.

We're here for you

We are collectively and compassionately here to support you and your loved one in this journey of loss and grief.

KINDFUL HEALTH TEAM

- Physicians
- RN Case Managers
- Hospice Aides
- Social Workers
- Chaplains
- Volunteers

ADDITIONAL SUPPORT

- The Austin Center for Grief and Loss
austingrief.org
- The Christi Center
christicenter.org
- Kindful Careopolis
kindfulhealth.com/careopolis