



The Companion

PSFC Newsletter – Issue #15

March/April 2020

Spring can Bring a Different Feel to Grief

I know the calendar says spring is coming, but hey, this is Wisconsin. We might not see spring until April; but it does not hurt to be prepared. We never know what Mother Nature will bring. After all, this is our “spring” newsletter (LOL).

My challenge to everyone this time of year is to: 1) Think about how we feel as we begin seeing those first new sprouts of flowers making their way up through the dirt (snow); 2) Look up and see the tiny new buds on the trees; and 3) Simply STOP and listen to a robin’s song. These are the sights and sounds of the beginning of spring. If we let them, these little signs just might make us feel a bit better; because, they can bring hope and laughter to our hurting hearts.



When we are grieving, these good feelings may also bring on some level of guilt and discomfort. As survivors, we tend to think that if we laugh and smile, if we start to be a little happier, we are somehow betraying the memory of our loved one. Guess what? Yes, grief is hard work, and this is normal!

It’s normal that we can experience a level of anxiousness related to our grief. This is especially true in spring; because, as the daylight hours grow longer and temperatures rise, spring can bring a sense of new hopefulness. Spring also usually increases our activity level as we begin to get outside more often. We hear the laughter of children playing, we seem to have a bit more “spring” in our step and we move a bit quicker. There is rebirth and renewal in nature as flowers and trees bloom and everything turns green again. People quickly begin to flock to their favorite warmer-weather activities. Our minds want to leap but our heads say maybe we don’t deserve to be happy.

Working through our grief day-by-day and month-by-month, we need to remember that grief does not suddenly go away because of the change in seasons. A helpful way to respond to anxiousness about spring is to remind yourself about the things that YOU are in control of and how you respond to each moment. Warmer months offer opportunities for nurturing activities such as walking in nature, planting gardens, photography, family gatherings, and quiet moments. It just takes a little planning, some self-love, self-care and grace.

The next time you are outside, take a moment to inhale (1-2-3) and then exhale (1-2-3-4). This allows us to be in control of that one moment. We can give ourselves permission to experience the warmth of spring on our face and in our heart, as we remember our loved ones’ lives and the love we continue to have for them every day of the year, as we keep saying their names, telling their stories and honoring their legacies. Thank you for being a companion.

Peace and Love my Friends, Jeanette

Comfort Corner

People to Remember:

BIRTHDAYS:

Henry – March 3rd
Travis – March 10th
Jeremy – March 11th
Jacob – March 30th
Andrew – April 18th

ETERNAL REST:

Rick – March 3rd
Karl – March 7th
Jake – March 8th
Jeanne – April 9th
Tim – April 10th
Justin – April 14th

WE OFFER SUPPORT

General support meetings:
3rd Thursday of the month

Sibling support meetings:
2nd Wednesday of the month

Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street, Suite F, Appleton, WI

UPCOMING EVENTS

March 17th: Mental Health Wellness Night with Prevent Suicide Fox Cities and the Wisconsin Herd event. *Event Cancelled*

May 18th: Appleton West H.S. Mental Health Wellness Festival at 4:45 p.m. - Community members welcome.

June 13th: Appleton Flag Day Parade - Volunteers welcomed to take part in the parade as a group.

June: Strike Out the Stigma event TBD.