



The Companion



PSFC Newsletter – Issue #2
January/February 2018

Another flip of the calendar year, it's 2018. "Auld Lang Syne," is basically about remembering friends (and family) from the past. That's it really, the rest is a nice rhyming scheme with a lot of fun Scottish words thrown in for good measure. But the crux of the song and why it works so well for the end of the year is that when good people come and go in your life, it is worth it to take a moment of time, raise a glass and remember those that should never be forgotten. (by Derek Pharr)

So, why did I bring this up? Because our loved ones will never be forgotten, not who they were, not how they lived and loved, not how much we love and miss them and unfortunately, not how they died. All of this remembering, mourning and grief takes a toll on one emotionally, mentally and physically. So, today's chat is about self-care. YOU need to take care of yourself!

First, the most basic need is to drink plenty of water, eat, exercise and let your body rest with sleep. This means, drinking at least 6 - 8 glasses of water throughout the day, eating well-balanced, nutritious meals (at least once a day) with veggies (eat green daily), a protein and yes, even something sweet does a body good. You need at least 8 hours of rest and sleep and it is okay to talk to your doctor about a little help in this area. Most importantly, you need to shut your body and mind down and sleep.

Why is sleep so important? According to ResMed, if your body doesn't get a chance to properly recharge – by cycling through REM and NREM – you're already starting the next day at a disadvantage. You might find yourself:

- Feeling drowsy, irritable or sometimes depressed;
- Struggling to take in new information at work, remembering things or making decisions;
- Craving more unhealthy foods.

If this happens night after night, it places a tremendous strain on your nervous system, body and overall health. (You may even start to hallucinate.) So, if you're not sleeping well or aren't feeling rested when you wake up in the morning, it's important to talk to your doctor.

J's Corner
 I can no longer see you
 with my eyes or touch you
 with my hands, but I will
 hold you in my heart forever.



People to Remember:

- Eternal Rest**
 Robbie – January 31st
 Derek – February 10th
- Birthdays**
 Tanner – January 10th
 Bruce – January 23rd
 Joe – February 18th

Other self-care tips for survivors after suicide loss include: Spending time with your feelings, expressing yourself (journaling or art), talking to a close friend, finding a grief group or counselor, showing yourself love and compassion (give yourself permission to feel, cry, laugh, find joy, and live), getting out of the house when you are ready and just breathing in some fresh air. (Taken in part from <https://themighty.com/author/rochelle-renee>.)

So, here's to another year of continued companionship, learning to continue our bonds with our loved ones without guilt, fear, anger, and all the other negative feelings – because those steal our joy and our loved ones did not want that for us at all. Remember: "As hard as it is to do, we must learn to feel our grief to heal our grief" (a survivor from Alan D. Wolfelt's book – Understanding your Suicide Grief).

Peace and Blessings, Jeanette

WE OFFER SUPPORT

General support meetings:
1st & 3rd Thursdays of the month.

LGBT support meetings:
2nd Thursday of the month

Sibling support meetings:
4th Thursday of the month

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

UPCOMING EVENTS

Wednesday, January 31, 2018

Please join us at Stone Arch at Riverview Gardens, Appleton for Rhythms & Brews. Prevent Suicide Fox Cities has been chosen as the Community Spotlight organization for the evening. Doors open at 4:30 p.m., music begins at 7:00. This is a FREE event. A great night of music and fun.

April 17, April 24, May 8, May 15, and May 29

Grief/Mourning "Book" Support Group: "Understanding your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart (Understanding your Grief)" Dr. Alan Wolfelt's book will be provided at no charge. This 5-week class will be held from 6:00-8:00 p.m. at 211 E. Franklin Street, Appleton. Class size is limited to 15. Registration required. Send an email to registration@preventsuicidefoxcities.org.

Save the Date: Thursday, May 3, 2018 at 6:00 p.m.

This is the date scheduled for our tree planting and plaque ceremony to be held at a park in Greenville.