



The Companion

Spring (finally) and Summer – It’s the time when nature starts to show signs of life, the birds are chirping, flowers and trees are beginning to bud, the sun is shining more and daylight is lasting a little bit longer. But wait! **Then why do I still feel frozen?**

There are lots of reasons that those of us who have survived the death of someone who died by suicide feel “frozen.” If the death is recent, we may still be in shock. We may be numb because we still do not want to believe, or accept, that someone we love is no longer physically with us. This is normal, and it is our mind’s way of protecting us. Do not fight it, do not fake it, allow yourself time to grieve. Then again, some of us may not always feel frozen. It may be that we have spurts of a freeze where today is simply not a good day, but tomorrow you may experience a spring thaw. Is this normal? YES!

As we move down the path of grief, we find there are icy patches in some places; and yet, in other places we can see a rainbow, or touch a flower, smile and laugh, or even feel the warmth of our loved one beside us. These are the signs that life continues and the bond we have with our loved one is still there, even though it is experienced in a different way.

If you are feeling “frozen” longer than what you are comfortable with, or you are concerned about yourself and the impact your feelings are having with coping and getting back in the swing of things, then you might want to talk to a mental health professional or seek further counseling. May is Mental Health Awareness month, and why not start with ourselves?

**Comfort
Corner**

Advice from a Tree

By Ilan Shamir



*Dear Friend,
Stand Tall and Proud*

*Sink your roots deeply into the Earth
Reflect the light of a greater source
Think long term
Go out on a limb*

*Remember your place among all living beings
Embrace with joy the changing seasons
For each yields its own abundance
The Energy and Birth of Spring*

*The Growth and Contentment of Summer
The Wisdom to let go of leaves in the Fall
The Rest and Quiet Renewal of Winter
Feel the wind and the sun*

And delight in their presence

*Look up at the moon that shines down upon you
And the mystery of the stars at night.*

*Seek nourishment from the good things in life
Simple pleasures
Earth, fresh air, light*

*Be content with your natural beauty
Drink plenty of water*

*Let your limbs sway and dance in the breezes
Be flexible*

*Remember your roots
Enjoy the view!*

People to Remember:

Eternal Rest

Tommy – May 18th
Henry – June 20th

Again, do not despair. This is normal, because “with great love comes great grief.” We all need a little help every now and then to learn once again to look up and see that there is beauty in life all around us, even when we are sad and missing someone we love dearly. It’s okay to start or continue your journey to healing – it’s what our loved ones would want for us!

*Peace and Love my friends,
Jeanette*

UPCOMING EVENTS

May is Mental Health Awareness Month

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

Tree planting and plaque ceremony at Lions Park in Greenville.

Wednesday, May 9, 2018, 6:30-8:00 p.m.

“Understanding the Mental Health Side of Working in the Veterinary Profession” – Presentation at Fox Valley Technical College by Dr. Lisa Peters. See attached flyer for more information. To register, go to <https://mentalhealthsideofveterinaryprofession.eventbrite.com>

SUPPORT GROUPS

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**