



Staying Connected with Garden of Grief Healing!

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Anticipatory Grief...It is a Real Thing

One often thinks that the grieving process occurs only upon a loved one's departure. But the road leading up to one's death is one that is not traveled alone. Often family members, friends and acquaintances experience what is called *Anticipatory Grief*. This is an emotional response to an impending death, experienced before the actual loss occurs. This road traveled has twist and turns, bumps and straight aways, often like the range of emotions similar to the after-death grieving process. It includes sadness, anger, and anxiety, along with specific concerns about the future and what it will look like without this person. This form of grief can be felt by family members, loved ones, and even the person who is dying. At times, one may be rehearsing the loss, preparing for the death, from planning funeral arrangements to "rehearsing" saying goodbye.

How does one cope and navigate anticipatory grief? Embrace your feelings and acknowledge your grief. Grieve in doses, talk about unresolved feelings, focus on self-care, continue to live life, and engage in enjoyable activities. Seek professional help from a therapist or support group. **Remember ~You Don't Have to Grieve Alone~**. Contact GoGH @ www.goghcs.com for information about services provided.

*A limb has fallen from the family tree.
I keep hearing a voice that says, "Grieve not for me.
Remember the best times, the laughter, the song.*



*The good life I lived while I was strong.
Continue my heritage, I am counting on you,
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul is at rest.
Remembering all, how I truly blessed.
Continue traditions, no matter how small,
Go on with your life, don't worry about falls.
I miss you all so dearly, so keep up your chin.
Until the day comes, we're together again."*

What's Coming Your Way?

Grief Doesn't Take a Holiday – How to Cope During the Holiday Season

For many this will be the first holiday without their loved one or it may be their 10th. No matter the duration of time that has passed, the loss is still constant. Knowing this, GOGH, will roll out on Facebook 1 to 3-minute pop ups for the month of November and December with tips on how to cope during the holiday season. Please follow, like, and share Garden of Grief Healing to learn more.

Visioning Your Future Without Your Loved One

What are you envisioning your life to be after the death of a loved one? Though we do not know fully what the future holds for us without our loved one and granted there will be grief and moments of sorrow, we can play a part in creating what our future might look like. GOGH will be unveiling and inviting you to join in a Vision Board Exercise in January. [More details to follow!!](#)

Book Club Meeting Via Zoom

GOGH's Grief and Healing Book Club –

Providing a safe space to explore different perspectives, while gleaning from the experiences of others who have grieved or continue to grieve, GOGH has created a virtual book club. Currently, the group is in a rich discussion of the book, *GRIEF IF IS LOVE, LIVING WITH LOSS* by Marisa Renee Lee. The book is packed with helpful information, and we find ourselves within the experiences that the author knows all too well. Join us on **Thursday, November 13 at 7:00 pm EST** via Zoom for this book discussion. Even if you only have time to read one chapter or skim through the book, we welcome your engagement. REGISTRATION IS REQUIRED. Visit www.Goghcs.com and click the **link to register**. **We look forward to you joining the conversation.**