



The Sojourner Project

...help for the journey

Letting go

Dying process

Signs for when the end is near

- Withdrawal / decreased socialization and conversation
- Decreased appetite - eating less and less often
- Sleeping more but responsive
- Disorientation
 - Restlessness or agitation
 - Talking to people not seen
 - Talking about or wanting to get up and leave
- A rally or surge of energy
- Physical changes
 - Blood pressure too high or too low
 - Body temperature regulation (feeling too hot or too cold)
 - Skin color (flush, pale, bluish, yellowish, clammy to touch)
 - Congestion increases closer to death
 - Sleeping and non responsive
 - Breathing patterns difficult and irregular
 - Apnea or long pauses between breaths until it stops completely

Five things

What to say to someone who is dying

I forgive you

Please forgive me

Thank you

I love you and will miss you

Goodbye

Recommended Reading

- Dying Well by Ira Byok, MD
- The Needs of the Dying by David Kessler
- On Death & Dying by Elizabeth Kubler-Ross MD
- Final Gifts by Maggie Callahan

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The goal is to provide general information so that you can seek out professional assistance from the appropriate subject matter expert
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THE PROCESS OF GRIEVING

Denial
Anger
Bargaining
Depression
Acceptance

Acceptance is not an emotion,
but rather the awareness and acknowledgement
of “what is” regardless of how we feel about it.

THE TASKS OF GRIEVING

- Acknowledge and accept the reality of the death
- Embrace and experience the pain of the loss and grief
- Adjust to the new environment in which your loved one is missing while keeping their memory alive.
- Develop a new self-identity and reinvest energy without forgetting the past.
- Begin a search for new meaning and purpose
- Receive ongoing support from others

There is no end to grief, we merely get used to the idea that our loved one is gone.
We never like it. We never get over it. We just get used to it.
The sadness we feel over our loss does not end because love never ends.

My thoughts on learning to live with grief...

There is a hole where my loved one used to be

Every day I wake up and fall into the hole
It hurts. I cry. I just can't believe they are gone.
• They are not here to help climb out of the hole.

Now I am careful.

I don't want to fall in the hole because it is too hard to get out.
So I walk carefully around it. But sometimes I forget and I fall in again.
I am learning how to climb out of the hole.

The hole is still there - it will always be there.

It is still so sad that there is a hole where my loved one used to be.
But I am getting used to the hole. I know it's there so I don't fall in very much anymore
But every now and then I climb into the hole and feel close to the one I love.

And then I climb back out.

I know how to walk with a hole where my loved one used to be.

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