



Reach out.

The sudden death of a loved one is devastating. We are truly sorry for your loss.

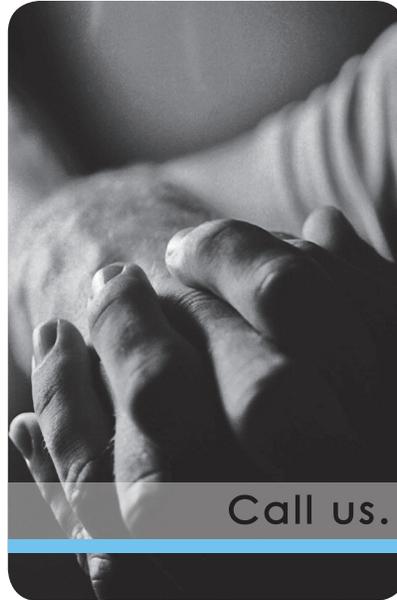
When a loved one dies, those left to mourn often find themselves in a mix of emotions and reactions. The death of a loved one is very overwhelming, frightening, and is a painful situation.

This brochure was given to help you through your loss. If you have questions or need further assistance, a Chaplain is available to answer questions or help provide you with resources.

Your journey of grieving will take time. The emotional feelings you will experience are normal. Your grief may not diminish quickly or easily, so be patient with others and yourself throughout the process.

Storm Lake Chaplain:

Rev. Don Keeler



Call us.

Storm Lake Public Safety

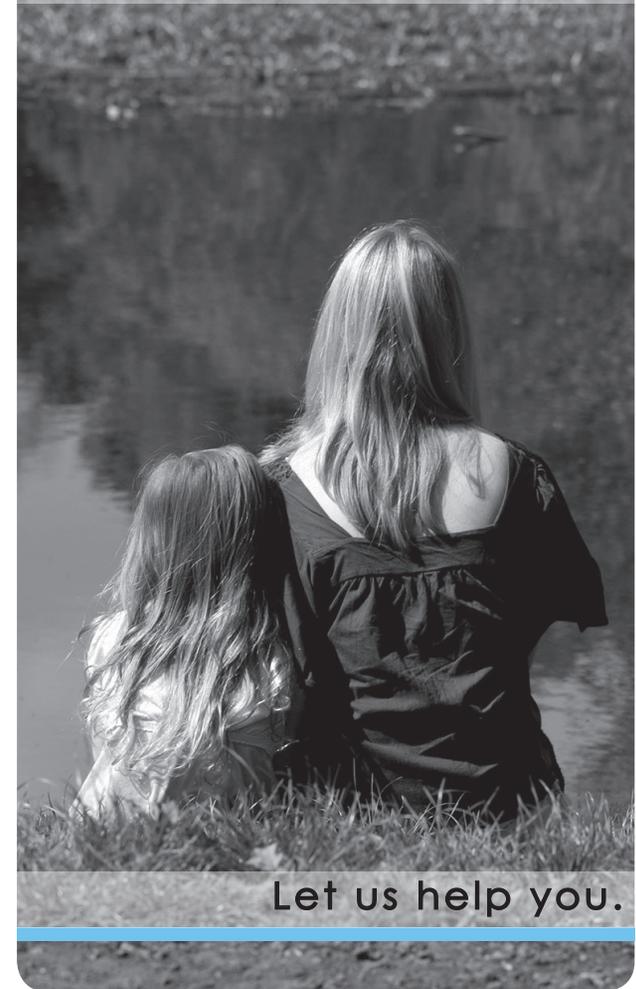
401 East Milwaukee Ave.
Storm Lake, IA 50588

712-732-8010
www.stormlake.org



Storm Lake Public Safety Chaplain:

Dealing with Traumatic Loss



Let us help you.



Some normal emotions you may experience during this difficult time might include:

- denial
- anger
- guilt
- feeling powerlessness
- numbness
- hyper-sensitivity
- hyper-vigilance
- sense of loss/sorrow
- disruptive sleep patterns
- inability to concentrate
- lethargic/tired
- fear and vulnerability
- confusion
- be socially withdrawn
- change in eating habits
- lack of emotion
- questioning of faith
- thoughts about death



Have hope.



You're going to make it.

Learning to live with loss is a process that continues through your entire life.

Be patient with yourself.

- Accept/ express your feelings by reaching out to relatives/friends.

Be patient with others.

- People around you may not say the right words or know how to act around you. Just remember they care and want to be supportive.

Seek professional help.

- Sometimes even the most resilient person just needs to talk to someone that is not related to them.

Be kind to yourself.

- Don't try to be the "strong one". Take care of yourself and stay healthy for those around you.

Keep a personal journal.

- Writing helps draw out what is within your broken heart and helps put emotions into words.

Join a support group.

- Groups help individuals walk through their journey as people share their experience. Don't do this alone!

Trust God.

- God is still present. You may not find the answers to "why" questions, but God has not left you alone.

Arrangements to be made:

Contact your religious leader

- If you have one, contact them and allow them to minister to you and your family.

Call a funeral home/director.

- The funeral director will help you begin preparations for your loved one's funeral or memorial service/burial.

Contact family/close friends.

- Call key people and ask them to spread the word for you.

Make burial arrangements.

- You may need to buy a plot or space in a mausoleum. If the person wished to be cremated, you'll have to arrange to scatter/inter the ashes.

Write an obituary.

- The funeral director may be able to help you write this. If your loved one lived in more than one city, consider placing an obituary in each city and posting it on the internet.

Plan a reception (optional).

- Following a funeral/burial service, people often gather to celebrate the life of the deceased. Find a responsible friend/relative to organize this special time.