

Preserving Memories

During hospice care as your loved one faces this time in their journey, you will have varying emotions. You may feel sadness, anger, isolation, or forgetfulness. You may feel tired.

Grief is a natural emotional response to loss. Anticipatory grief is feelings of grief or loss that are felt before the loss actually happens. People facing their own death or the death of a loved one may experience anticipatory grief.

There are some activities included that may help you manage your feelings and cherish your time.

Activities include:

- **Storing Voice Memos** of stories, memories, ordinary conversations.
 - Smart phones are easy ways to save the voice memory and share as you feel comfortable
 - The stories can be shared with the family by text or email.
- **Photographing Special belongings and spaces**
 - Take a picture of their favorite things, favorite rooms, and time with family and friends.
- **Hand Holding Photos**
 - The comfort of holding a loved ones hand brings special feelings. You can take pictures of you holding your loved one's hand as well as family members.

These are a few examples of things you can do to preserve your time and memories of this day and going forward.

For more information about grief, contact our office at 210-728-3604.