

Comforting Friends

Published by Friends for Survival, Inc.

A NATIONAL OUTREACH & SUPPORT ORGANIZATION
FOR THOSE AFFECTED BY A SUICIDE DEATH

2022
NOVEMBER



A WONDEROUS JOURNEY

A glorious sunrise.
Trees waving in the breeze.
A newborn kitten.
A Monarch butterfly.
A hand-written letter in the
mail from a dear friend.
A smile.
A newly blooming flower.

Life is all of these gifts and
more. The good is there for
you -- for all of us. All we have
to do is ask.

As yet another year closes it
would be almost too easy to
make an inventory of all the
things we failed to do in the

last 365 days. Instead, let's
make a list of all the things
we did do: survive, nurture
ourselves, ask for help, listen,
study, rest, accept comforting,
and learn to love ourselves all
over again.

Today, I am grateful for my life's
journey and the opportunity to
share my life with others.

*Source: Healing the Hurt Spirit ~
Daily Affirmations for People Who
Have Lost a Loved One to Suicide
by author Catherine Greenleaf,
November 25*

November: This is the
time of the year to reflect on where I have
been and where I am going; to recognize
and acknowledge the hard times, the
good times; to let my friends and family
know how much I appreciate them.

Over the course of the last 39 years as
your Executive Director, I am grateful to
the thousands of people that I have met
in person and virtually. You have touched
my heart, given me hope and inspire me
to continue to be in service to suicide loss
survivors.

On Page 4, you will find our Gratitude
Wheel. Please join me in filling this out for
the month of November. Share your
completed wheel with us if
you like. Share a copy with
friends and
other family
members. You
can also down-
load a copy
from our
website un-
der "Support
Resources."

Wishing you
all a peaceful
November.



Gratefully,
Marilyn Koenig
EXECUTIVE DIRECTOR

Support

GROUP MEETINGS

Go to our website, click on **Upcoming > Meetings**. Find your virtual meeting date and time, click on **"Register."** On this same page, you can also check for updates regarding in-person meetings.

VIRTUAL MEETINGS:

Second Monday

November 14 @ 3pm PT / 6pm ET

Third Wednesday

November 16 @ 4pm PT / 7pm ET

Fourth Wednesday

* November 21 @ 7pm PT / 10pm ET

Grieving Moms Groups (2)

#1 Thursday, Nov 3 @ 6:30pm PT / 9:30pm ET

* #2 Thursday, Nov 17 @ 3pm PT / 6pm ET

Grieving Spouse & Partner

Thursday, November 10 @ 6pm PT / 9pm ET

* Date change due to Thanksgiving holiday.

IN-PERSON MEETINGS:

Call first to confirm meetings. 916-392-0664
or 800-646-7322

Cameron Park, CA

Tuesday, November 8 @ 6:30pm
Faith Episcopal Church
2200 Country Club Dr., Cameron Park CA

Carmichael, CA

Tuesday, November 15 @ 7pm
Carmichael Presbyterian Church
5645 Marconi Ave., Sacramento, CA

Jackson, CA

Tuesday, November 1 @ 3:30pm
Sierra Wind Wellness & Recovery Center
10354 Argonaut Lane, Jackson CA

Lincoln, CA

Thursday, November 10 @ 6pm
Lincoln Public Library
485 Twelve Bridges Drive, Lincoln, CA

Modesto, CA

Monday, November 21 @ 7pm
The Bridge Covenant Church (Riverbank)
2201 Morrill Road, Riverbank CA

Legacy Survivors, UT

Wednesday, November 9 @ 6pm MST
Weber State University - Ogden Campus
Merrill Allied Health Building, Room 327

myths about grief

The people in your life who care about you undoubtedly just want to help you, but those who have never faced losing a loved one may not know the exact right thing to say. Sometimes people who have dealt with loss don't understand that other people won't feel or experience it the same way as they do. Because of this, many widespread myths about grief persist.

Grief vs. Depression. Once you have accepted the reality of the loss, you will have to begin to deal with it. An extended period of mourning is also completely natural after losing someone important to you, but it is vital to understand the difference between grief and depression. Grief will manifest itself in many ways. Sadness, fatigue, loss of appetite and poor sleep, and feelings of anger and guilt are common experiences.

However when those emotions cross the line into feelings of worthlessness or emptiness, particularly exaggerated guilt or fatigue, extreme anger or fury, or suicidal thoughts, it is possible that you have become truly depressed. There is no reason to panic, but it is definitely cause to reach out for help. In these instances the worst thing you can do is isolate yourself. Contact a friend, family member, or therapist to help you through this difficult time. If you are initially uncomfortable doing so, consider these national hot lines to speak anonymously with someone who can help guide you in the right direction.

1-800-273-TALK (8255), now "988," is a lifeline that will connect you to a skilled and trained counselor. This line is available 24 hours/day, and is completely free and confidential. 1-800-233-HELP is another crisis hot line that services all of North America. It's a free and confidential way to reach out to someone.

Ignore Expectations. Some people have never experienced a difficult loss and don't understand what grief is like. For this reason, myths about grief tend to give people certain expectations about how you should and should not be feeling and behaving. Understand that these are FALSE, and no one has the right answer on how you should be feeling your grief.

Pain goes away quicker if you ignore it. Suppressing your grief

Continued on next page...

may seem like a painless solution, but it will only make things harder. The sooner you allow the grieving process to begin, the sooner you will learn how to cope with it.

You need to “be strong” in the face of your pain. There is no wrong way to experience grief. If you need to weep in despair, scream in anger, or sit silently with a cup of tea and old pictures, do so. Putting on a brave face “to protect” your family or friends does not help them. On the contrary, being honest about your feelings will encourage them to do the same, allowing you to truly go through the process together.

If you aren’t crying constantly, you must not be that sad. Once again because it bears repeating, there is no wrong way to experience grief. Crying is a common response to sadness, but by no means is it the only way. So long as you are not intentionally suppressing your emotions, plenty of people are very internal. And this is perfectly okay. Never allow people to minimize your grief or feelings of sorrow based on how sad they think you should outwardly look.

Grief lasts X months/years, and then you’ll be over it. Some people may need 3 months to start feeling better, others may need 5 years. Neither is wrong. Those who are further from the loss may think that once a certain amount of time passes, you should be “over it.” But this couldn’t be less true. There is no time frame for grieving. However long or short the period of time is, it is the amount of time YOU need. Don’t accidentally extend your process by suppressing your feelings or attempt to shorten it by thinking you’re better before you are.

Source: www.tridentsociety.com/12-weeks-of-peace/week-3/

I THINK I AM BEGINNING
TO UNDERSTAND WHY
GRIEF FEELS LIKE SUSPENSE.

IT COMES FROM THE
FRUSTRATION OF
SO MANY IMPULSES THAT
HAD BECOME HABITUAL.

THOUGHT AFTER THOUGHT,
FEELING AFTER FEELING,
ACTION AFTER ACTION.

~ C.S. LEWIS





Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

I AM
Grateful
FOR

My
Gratitude
Wheel

Gratitude Challenge

*by Friends for Survival Board
President, Kelly Holmstrom*

Please join me and our Board of Directors in the 2022 Friends for Survival Gratitude Challenge Fundraiser going on now through December 31st.

As suicide loss survivors, it can be really hard to see the good things that remain in our world. A proven practice that can help is mindful gratitude. Pick something small and write it down on your gratitude wheel, or pick something amazing!

No matter what you pick, seeing a filled-out gratitude wheel will help you visualize the good still in your world.

Gratitude isn't just the feeling you may get after something good happens to you. It's a way of thinking that takes practice and hard work to make it part of our everyday behavior. It's often easy to forget many of the little things we have to be grateful for in our lives, but it's important not to take anything for granted.

I am grateful for the hope, education and understanding the great people at Friends for Survival have provided to me and so many others.

If you find value with our newsletter, meetings and other services we provide, would you consider making a donation to our Gratitude Challenge Fundraiser?

Here is great news: we have two match pots that will triple your donation dollars.

Susan Reynolds kicked off this challenge with the first \$5,000 match pot. Our Board of Directors have come together to form a second matching pot of \$5,000.

What this means is that if you donate \$25, then the Board matches it and so does Susan. That \$25 donation turns into \$75 for Friends for Survival.

Watch for status updates of our challenge on our website, www.friendsforsurvival.org, Upcoming, Events. Download a copy of the gratitude wheel from the Support Resources tab.

For the next 30 days, take our Gratitude Challenge and fill in your gratitude wheel.

Support RESOURCES

Friends for Survival
www.friendsforsurvival.org

Phone: (916) 392-0664

Toll Free: (800) 646-7322

If you are in crisis and need immediate help, call the 24-hour National Crisis Line:

"988"

Alliance of Hope

Survivor services including a 24/7 on-line community forum
www.allianceofhope.org

American Foundation for Suicide Prevention (AFSP)

Extensive lists of available meeting support www.afsp.org/find-support

Bereaved Parents of the USA

www.bereavedparentsusa.org

Suicide Awareness Voices of Education

www.save.org

Tragedy Assistance Program for Survivors (TAPS)

For service members, veterans, and their families: www.taps.org

The Compassionate Friends

For bereaved parents of a deceased child: www.compassionatefriends.org

The Nat'l Center for Grieving Children & Families

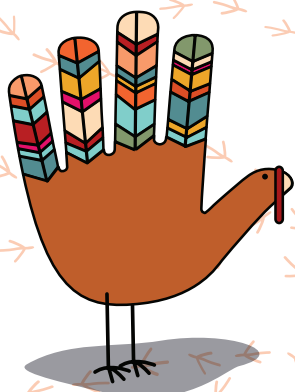
The Dougy Center
www.dougy.org/grief-resources



This program is funded in part by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

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instead? Please let us know:
info@friendsforsurvival.org or
800-646-7322



Comforting
Friends