

409 B AVE
KALONA, IA 52247
641-777-2774

ANTICIPATORY GRIEF & UNCERTAINTY

Unlike traditional grief, which occurs after a loss, anticipatory grief is an emotional response to an impending loss; common with caregivers, those facing chronic or terminal illness or facing a significant life change.

It can be a complex process, as individuals grapple with the dual reality of cherishing remaining moments while mentally preparing for the future without their loved one.

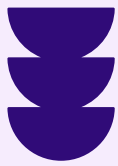
However, it can also provide an opportunity for meaningful conversations, closure, and the chance to say goodbye; potentially easing the transition when the loss eventually occurs.

This type of grief involves dealing with a range of emotions including sadness, stress, emotional fatigue, anxiety, and anger, as one prepares for the inevitable.

Acknowledging and giving permission to feel these feelings are vital for navigating emotions and preparing for the loss as prolonged stress can impact well-being.

Coping strategies include seeking support from friends, family, and/or professional counselors. Support isn't selfish - it enhances caregiving ability!

www.iowafamilycounseling.com



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COPING WITH ANTICIPATORY GRIEF & UNCERTAINTY



STAY PRESENT & GROUNDED

- USE MINDFULNESS OR GROUNDING TECHNIQUES
- JOURNALING CAN HELP BRING AWARENESS TO THE PRESENT MOMENT AND PROCESS WITH EMOTIONAL CLARITY

CONNECT & SHARE

- TALK WITH FRIENDS, FAMILY AND/OR THERAPIST
- JOIN SUPPORT GROUPS FOR SHARED EXPERIENCES
- LEAN ON RITUALS, PRAYERS, NATURE OR COMMUNITY THAT BRINGS PEACE AND MEANING

CREATE MEANINGFUL MOMENTS

- SPEND QUALITY TIME WITH THE PERSON YOU'RE ANTICIPATING LOSING
- ENGAGE IN LEGACY BUILDING ACTIVITIES - LETTERS, PHOTO ALBUMS, AUDIO RECORDINGS OR LIFE STORIES

BUILD IN REST AND SELF-CARE

- PRIORITIZE NOURISHMENT, SLEEP, MOVEMENT & MENTAL HEALTH SUPPORT

Wings of Hope Cancer Support Center

(WingsOfHope.org):
Free services including
virtual support group,
huddles, lending library &
financial assistance

UIHC Holden Comprehensive Cancer Center:

319-678-8167
HCCCTherapyGroup@healthcare.uiowa.edu

CaringInfo.Org:

Guides & resources
surrounding palliative care,
grief and loss, prepare, etc

Mercy Grief Support Group:

315 18th Ave - Hiawatha
319-398-6735
1st & 3rd Tuesdays from 9:30-11A & 5:30-7P

REMEMBER THAT GRIEVING BEFORE A LOSS IS STILL GRIEVING; EMOTIONS
DESERVE SPACE, SUPPORT, AND HEALING.