



# FLORIDA ANGELCARE

END-OF-LIFE CARE

HELP WHEN YOU NEED IT

## THE ONE MINUTE HEALING HABIT

When someone we love is dying, or after they have passed, happiness can feel like it belongs to another world.

I've sat with so many families during these tender moments, and I've learned this: you don't have to be "ok" to still feel connected to life, to love, and even to moments of joy.

Here are a few simple ways to care for your heart during grief that I return to when things feel heavy even for myself. I hope they offer some comfort, or at the very least, help you feel a little less alone.



### 1. BE WHERE YOUR FEET ARE

Grief pulls us into the past or rushes us into the future. But your breath and your body? They always live in the NOW.

Try this: Sit somewhere quietly. Feel your feet on the ground. Let your hands rest gently. Maybe take a few slow breaths and just notice. Place your hand on your heart and feel your breath move in and out.

*You're here. You're safe.* Even if you're heartbroken, you're not broken.

Even just noticing how your tea feels warm in your hands, or how the light shifts through the trees outside your window... this is presence! It brings your nervous system a little bit of peace.

One woman I worked with used to trace the pattern of the tile in her kitchen while her husband was in hospice. It grounded her. Presence doesn't solve everything, but it softens the chaos.



## 2. LOOK FOR THE SMALL GOOD THINGS

I don't mean pretending things are fine. But sometimes the smallest things, like the way your tea smells, a kind word, or the way the sunlight feels on your face can calm you.

A client once told me that during her mom's final days, she started noticing birds more than ever before. Now, every time she sees a little bird outside the window, she smiles. These little moments of beauty don't fix the pain, but they sure soften it.

What's one small thing that brought you a bit of comfort today?

Sometimes, in the quiet, you may even feel drawn to create. Whether that's journaling, gardening, baking or making something with your hands, let it be a form of healing, not a task.



## 3. REFOCUS, GENTLY

Grief brain is real. You might find yourself forgetting things, starting a task and walking away, or just feeling completely disoriented. That's not you being "off", that's your body and heart trying to process something enormous.

Instead of forcing yourself to be productive, ask: *What feels doable today?* Maybe it's doing laundry, answering one email, or watering a plant. That's enough.



#### 4. STAY CONNECTED WITH OTHERS

This one can be hard. Sometimes people don't know what to say, or say the wrong things, and it hurts. But you don't have to do this alone and connection matters deeply.

Send a short message to someone you trust. You can say, "Just wanted to say I'm having a hard day and I need someone to listen. Do you have a few minutes?" Or write a letter to the one you miss. Say everything you still want to say. It's okay to cry while you write. Or laugh. Or both.

You don't need a big support system, just a few people who matter is enough. I've seen how powerful it is when people get together, share memories, or even send a simple text like, "I'm thinking of you and your mom today. She's still so loved."

That kind of love is felt through the distance.



#### 5. LET GRATITUDE SIT BESIDE YOUR SORROW

This doesn't mean pretending everything's fine. It means allowing your heart to hold both the pain *and* the love. It means you can miss someone deeply and feel thankful for the love and memories you shared.

Try saying out loud or to yourself:

- I'm grateful for the memories we made
- I'm grateful for the time I had with them.
- I'm grateful I got to hold their hand.
- I'm grateful for the people checking in on me.

Gratitude won't erase your grief, but it creates a little space inside our heart that feels so tight and helps it soften a little.

I want you to know that grief is not a straight path and it doesn't follow a timeline. It's also not something to fix.

You're allowed to feel lost. You're allowed to laugh again. You're allowed to need help. And you're allowed to heal in your own way.

Take your time. Be kind to yourself. You're doing the best you can and that's more than enough.

With all my heart,

*Lara*