

Grove Park Hospice NEWSLETTER

SUMMER
2023

1353 Grove Park NE, PO Box 701, Orangeburg, SC 29116

(803) 536-6644



Summer Self-Care For The Soul

As the sun shines brightly and the days grow longer, summer has a way of drawing people outdoors to bask in its warmth. However, amidst the joy and laughter, it's important to remember that not everyone finds solace during this time of year. For those grieving or feeling isolated, this season can magnify feelings of loneliness. Today, we want to share a few strategies for self-care designed to bring comfort and renewal during July's quiet moments. (Cont. on p. 2)

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- Summer Self-Care For The Soul: Redefining Self-Care in July's Quiet Moments



(Cont. from p. 1) **Embrace Nature's Healing Power:** Nature has a way of soothing our souls and reconnecting us with the world around us. Take the opportunity to explore the beauty of summer by taking walks in serene parks, visiting botanical gardens, or simply finding a quiet spot near a lake or the ocean. Allow yourself to feel the gentle breeze, listen to the calming sounds of nature, and let the sun's warmth wash over you. Nature can be a powerful companion during times of grief, providing solace and reminding us of the circle of life.

Create a Personal Retreat: Amid summer's hustle, bustle, and heat, carve out intentional moments of solitude to honor your emotions, slow down, and engage in activities that bring you joy. Create a cozy space at home where you can retreat and recharge. Fill it with items that bring you comforts, such as soft blankets, scented candles, and uplifting books. Dedicate time to pursue activities that nourish your soul, such as journaling, painting, practicing mindfulness, or even watching your favorite movie or series. Remember, self-care is not selfish; it's essential for healing and growth.

Explore Summer Night Skies: The night sky holds a mysterious beauty that can evoke a sense of awe and wonder. Use this season's clear nights to explore stargazing or observe meteor showers. Lie down on a blanket under the stars, and allow yourself to become captivated by the vastness of the universe. Contemplating the grandeur of the cosmos can help put our own experiences into perspective and remind us of the interconnectedness of the world around us.

Volunteer and Connect: As you navigate your grief, consider extending your hand to others who may also be struggling during the summer. Volunteer your time at local community organizations, shelters, or nursing homes. Engaging in acts of kindness not only helps those in need, but it can also provide a sense of purpose and fulfillment. Reach out to friends or acquaintances who might feel alone and organize gatherings or activities that promote connection and support.

Eat Healthy and Hydrate: Taking care of your physical well-being is an essential aspect of self-care. Take advantage of the abundance of fresh produce available during the summer. Visit local farmer's markets or grow your fruits and vegetables. Regardless, savor the season's flavors. Eating a balanced diet can nourish your body and provide the energy needed to navigate the emotional journey of grief. Additionally, drink plenty of water throughout the day. Hydration is crucial for maintaining overall health and well-being.

Get the Right Amount of Sleep: Sleep plays a vital role in our mental and emotional well-being. It can be challenging to get adequate rest during grief, as our minds often race with thoughts and emotions. Establish a bedtime.. (Cont. on p. 3)

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(Cont. from p. 2) routine that promotes relaxation and signals your body that it's time to wind down. Create a peaceful sleep environment, free from distractions and electronics. Prioritize quality sleep, which allows your body and mind to rejuvenate and promotes emotional healing.

During summer's joyful celebrations, let us not forget those who may be grieving or feeling isolated. By redefining self-care in summer's quiet moments, we can find solace and healing for our souls while reaching out to support others. Embrace the healing power of nature, create personal retreats, explore the wonders of the night sky, extend a helping hand, nourish your body with healthy food, hydrate, and prioritize sleep.



Let's not forget about those who may be in need and commit ourselves to reaching out and offering support and love. As everybody is out and about enjoying the warmth of the summer, let's not forget about those who might be isolated and alone. Please help us reach out to those who may be in need. Please share this article with someone you care about, and let's make a difference this summer.

Remember, you are never alone. Love and support surround you, even in the quietest moments. <http://heal-grief.org/>



Our Hospice Chaplain, Rev. Alexander Baker, is available to discuss with you and your family the process of spirituality in healing from grief and loss. If you need assistance or to schedule a meeting, please call (803) 536-6644.



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Orangeburg, SC 29115
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The Grove Park Family remains faithfully dedicated to
RESTORING DIGNITY, OFFERING HOPE AND PROVIDING COMFORT

**We are always looking for Volunteers! Please
call (803) 536-6644 for more information.**

Additional Resources:

<http://www.aarp.org/family/lifeafterloss/>
<http://www.hospicenet.org/html/bereavement.html>
<http://www.hospicefoundation.org>
<http://www.griefnet.org>
<http://goodgrief.org/grief>
<http://www.hospicehelp.org/events.htm>
<http://www.griefrecoverymethod.com/about-us>
[http://www.tributes.com/grief_recovery_center/
index](http://www.tributes.com/grief_recovery_center/index)

